

Phillies hopes rest on Hamels' arm



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Gwyneth helping Madge through divorce



Thumbs up given to bus cameras

PROTECTION Council approved a \$1.2-million tender last night for surveillance cameras on buses.

The cameras were included in the city's five-year transit strategy but were fast tracked over heightened concerns about driver safety.

There have been an increasing number of violent attacks against bus drivers in Halifax over the past year. In July, a female bus driver says she was sexually assaulted while on the job.

The surveillance cameras are expected to be a crime deterrent and provide evidence to police and Crown prosecutors.

METRO HALIFAX

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Celebs help get out vote

Travel pg 22



Party rages on in Iceland

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Halifax regional council has rejected a proposed office tower which would have been built behind the facades of these buildings on Upper Water Street.

Council cans plan

Development voted down

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Regional council rejected a plan to redevelop a block of heritage buildings on the Halifax waterfront last night.

The vote was tied 9-9, which means a loss.

Councillors debated Armour Group's Waterside Centre project for more than an hour yesterday.

The project would've preserved the facades of six buildings on the corner of Duke, Hollis and Upper Water Streets and put a six-storey glass tower on top.

Preston Coun. David Hendsbee said he thinks there's a better proposal out there. "It technically may fit within the so-called policies and guidelines, but spiritually, I don't think it does," he said.

Eastern Shore Coun. Steve Streach said it's wrong and misguided to cast aside the developer whose past projects, which include the award-winning Founders Square in Historic Properties, have been significant for the region.

Afterwards, Armour Group chairman Ben Mc-

Crea stormed out of council and refused to speak to reporters. He has 30 days to appeal the decision to the Nova Scotia Utility and Review Board.

Heritage Trust of Nova Scotia president Phil Pacey said he's "absolutely delighted" by council's decision, but there's still work to do. Armour owns the buildings and has applied for a demolition permit for one building and holds a permit to demolish another.

"We're very worried about what may happen during the next months, but we think there is a realistic solution," Pacey said.

Bruce Keith, who runs O'Carrolls Irish pub and restaurant on the site of the proposed development, says council's rejection may could well mean the loss of the buildings altogether.

"The point that everybody keeps missing is this was an opportunity to save the buildings, not an opportunity to not do anything," he said.

Mayor Peter Kelly said he has faith the developer won't demolish the buildings and will return to council with a creative way to preserve them.

'I would've voted against the motion,' says mayor

LINDSAY JONES
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COUNCIL The mayor wasn't present during the Waterside Centre decision, but says his vote wouldn't have tipped the balance.

Mayor Peter Kelly says he couldn't be present because he had a family obligation to fulfill.

He declined to speak specifically on family matters, but said everyone in his family is healthy. His father recently underwent quadru-

ple bypass surgery and is making a full recovery.

"I was here I would've voted against the motion so it would not have changed anything," he said.

Before Kelly left for the appointment, which he says was scheduled before the

council meeting, a motion was made to deal with the development proposal later, but council voted against it.

Coun. Sheila Fougere was also not present and later apologized saying she was attending a long service awards ceremony for police

officers. He husband is a police officer.

Couns. Brad Johns, Linda Mosher, Harry McInroy and Jim Smith also didn't vote. Kelly said they weren't eligible to because they weren't present during public hearings on the matter.



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Thanks for serving and protecting

With a firm thanks from the premier and the justice minister, 240 police officers from mainland Nova Scotia were recognized for their long service records at a ceremony in Halifax yesterday. **METRO HALIFAX**

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Local

**Martial Arts with Mickey**

Twenty-seven Cape Breton competitors, from four to 42, are heading to Orlando Friday. The Island Martial Arts Centre in Sydney has 27 taekwondo students, four coaches and 23 family members heading to the ninth annual Disney's Martial Arts Festival next weekend. **METRO HALIFAX**

Potential gas rate hike has some questioning necessity

PAUL MCLEOD

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Heritage Gas wants to raise the rate for gas, but its competitors in the oil industry are trying to get in the way.

Heritage Gas is proposing a 2009 rate increase of about eight per cent. Because it is regulated, its prices have to be approved by the Utility and Review Board.

But now oil lobby group the Canadian Oil Heat Association has applied as an intervener and is demanding some answers about Heritage Gas's books.

"As it is open to the public we're just curious about the forecast, the business plan of the Heritage Gas system," said COHA presi-

dent Dave Graham.

"Changes in their forecasting and their business models and we're curious as to why those things are happening. And they are a monopoly."

But Heritage Gas says it is fine answering questions from anyone.

"That's the beauty of the business we're in. We are regulated by the Utility and Review Board and our process allows parties like our competitors to participate," said Heritage Gas president Ray Ritcey.

"I believe our process is a hell of a lot more transparent than whatever process others follow in the more traditional fuels industry."

Ritcey said natural gas has proven to be the superior fuel source, and claimed it annually saves

customers \$16 million while taking the equivalent of 8,100 vehicles off the road.

Ritcey agreed their financial projections had changed, but said it was because the initial plan was made before the infrastructure had even been built.

"We established our rates based on estimated costs and estimated revenues, because we didn't have any customers and hadn't built anything. So as we've built out our system we now know what it costs," he said.

Heritage Gas will provide answers to COHA's submitted questions by Monday. A Utility and Review Board hearing on the proposed rate hike will start on December 1.



A worker with Sackville Trenching helps install natural gas lines along Wright Avenue yesterday. Heritage Gas has applied to increase their rates and will appear in front of the Utility and Review Board Dec. 1.

News in brief

SURVEY A new poll by IPSOS Reid suggests half of working Canadians have trouble fitting in at work and one in three find it difficult to concentrate at work because they are dragged down by a negative atmosphere. Workers ages 18 to 34 are much more likely (37 per cent) than those ages 35 to 54 (30 per cent) or those ages 55 or more (20 per cent) to believe they're dragged down by a negative atmosphere at work. The study also indicates that 50 per cent of working Canadians don't think they always fit in well at work. More than one in 10 say they feel like an outsider, with nine per cent saying they don't fit well "within their workplace culture."

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What's online today.

Check out the complete Halifax Rainmen schedule at metronews.ca/sports
Watch the latest on Ontario's E. coli outbreak at metronews.ca/canada
Check movie showtimes, trailers and reviews at metronews.ca/movies
Play online Sudoku at metronews.ca/play

Chamber calling for gas market deregulation

DEVIN STEVENS
for Metro Halifax

Just weeks before a government report on gas regulation is to be released, the Halifax Chamber of Commerce says regulated pricing should end.

That has some questioning the timing. "They come out with a comment like that with nothing to substantiate

it," said Graham Conrad, spokesman for the Retail Gasoline Dealers Association. "They can't wait two weeks for a current study so we can make a current assessment of what's going on."

Conrad said regulation has put gas retailers back on stable footing. Before

the program, many were on the verge of financial collapse.

A recent Chamber news release said regulation has failed and should be scrapped when the legislature meets later this month.

"There's absolutely no question that this public policy has cost Nova Scotian consumers each and every time they go to the pumps."

Stephen McNeil

Chamber president, Valerie Payn, said unnecessary government regulation is always bad for businesses and gas prices are no exception. She dismissed Conrad's concerns over timing, saying it's a co-incidence.

"The Chamber doesn't play in the press like that," Payn said. "We work with government. We're just saying publicly, like we have in the past, that we encourage them to look at this."

Liberal leader, Stephen McNeil said he's pleased

with the Chamber's stance. He'd also like gas taxes to drop four cents per litre.

"There's absolutely no question that this public policy has cost Nova Scotian consumers each and every time they go to the pumps," McNeil said, adding the coming report is the third time the government has reviewed the policy.

The minister responsible, Service Nova Scotia's Jamie Muir, said he was surprised by the Chamber's release. "I'm not sure that the Halifax... Chamber of Commerce really is the best organization, speaking for Canso, Baddeck or Yarmouth," Muir said.

"(Regulation) was put in place primarily for rural Nova Scotia. To keep those businesses viable."

Service Nova Scotia expects the latest regulation report sometime in November.

ShareYourViews

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PC association unlikely to support Ernie Fage in next N.S. election

AMHERST The new president of the Cumberland North PC Association says it's likely his group will support someone other than Ernie Fage in the next provincial election.

"Rodney MacDonald made that decision for us quite some time ago," John Kellegrew said following Monday's annual general meeting. "It would be nice for the situation to be worked out, but from all indications we've had, that's not going to happen."

John Kellegrew

The riding association has been relatively quiet since Fage was ejected from the provincial Conservative caucus after being found guilty of leaving the scene of a November 2006 traffic accident in Halifax.

Soon after the story went

public, Fage resigned as human resources minister and was suspended from caucus until the trial ended. With his conviction, the premier said someone else would represent the party in the next provincial election.

Fage, who attended the meeting as a card-carrying member of the party, said he intends to run in the next provincial election. If it's as a Conservative it's up to the premier, he added.

"My intention is to run in the next election and I would prefer to run as the Progressive Conservative candidate, but that's not my decision," Fage said.

Soon after Fage was kicked out, the riding association's president, Susan Embree, said it supported the beleaguered MLA, but planned to meet to discuss his status. Her successor, Kellegrew, said that meeting will happen soon.

AMHERST DAILY NEWS

News in brief

HELICOPTERS Ocean Case Co. Ltd. of Enfield has concluded an agreement with Sikorsky Aircraft Corporation to design and manufacture reusable containers to store and transport various components for Canada's new CH148 Cyclone maritime helicopters. This is part of a contract to build 28 maritime helicopters for the Canadian Forces. **METRO HALIFAX**

Four arrested for deer hunting

JOGGINS After reports of illegal deer hunting in the area, three Joggins men and one boy were arrested over the weekend after being caught hunting at night.

The Department of Natural Resources caught the four in the Minudie area after dark Oct. 9.

According to a department news release, the four were driving down a paved road with a light and rifle pointing out of the vehicle's open windows.

The officers had been patrolling the area because of complaints from area residents indicating people

had been hunting in the area at night.

The three men and a boy face charges of hunting while suspended and hunting with the aid of a light.

No court date has been set.

Deer hunting season runs Oct. 31 to Dec. 6.

METRO HALIFAX

Postie union protesting suspensions

76 employees punished after meeting at work

DEVIN STEVENS
for Metro Halifax



Union leaders protested inside Halifax's mail processing plant yesterday morning, after Canada Post suspended almost 80 employees.

"Their actions have to stop," said the union's national director, Jeff Callaghan, who was escorted out by police.

"They've been increasingly harassing and intimidating our members in Halifax."

Callaghan said at least 76 employees have been hit with five-day suspensions since Oct. 9.

That's when union leaders and workers met for about six minutes behind the building.

Canada Post denies the claim.

"They were not suspended," spokeswoman Genevieve Latour said. "It's an administrative step that we took ... They haven't been suspended

from work."

In a letter obtained by Metro Halifax — and signed by Canada Post Manager Jim Dunswoth on Oct. 17 — a worker is informed they're "hereby suspended for a period of five days for your participation in an unlawful work disruption."

The letter continues to say Canada Post is waving the suspension, but it will

"carry the same weight as a served suspension."

Callaghan said similar meetings have taken place across the country, and even in Dartmouth, with no punishment to the work-

"Their actions have to stop ... They've been increasingly harassing and intimidating our members in Halifax."

Jeff Callaghan, Union National Director

ers.

The two sides have a work agreement signed until 2011, but there is tension over an upcoming government review of Canada Post. Callaghan said the company wants changes that would strip workers of their contract rights and allow post office closures.

Has Adoption Touched Your Life?

visit www.ontario.ca/adoptioninfo

If you were involved in an adoption in Ontario, you need to know about an important change to your information and privacy rights.

Effective June 1, 2009, Ontario adoption records will be opened. This means adopted adults and birth parents will be given access to identifying information from birth records and adoption orders.

If the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto to prevent the release of the information.

If you want your identifying information to be kept private, **you should file a disclosure veto before June 1, 2009.**

No contact notices are also available.

To learn more about your rights to information and privacy regarding adoption, visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).

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Ocean unveils expansion plan

MANUFACTURING Ocean Nutrition Canada Limited (ONC), supplier of MEG-3(R)

brand Omega-3 EPA/DHA from fish oil to the food and dietary supplement industries, has announced its \$19 million capacity expansion at its world-class molecular distillation plant in Mulgrave.

Officials at ONC say the investment secures the company's position as the largest fish oil manufactur-

er in the world.

The expansion means a 100 per cent increase in MEG-3(R) concentrate capacity.

Through their joint venture collaboration with Alicorp Corporation in Peru, to build a second fish oil manufacturing plant, they have re-

alized a 200 per cent capacity increase in their MEG-3(R) 30 per cent fish oil.

METRO HALIFAX

19 The amount in millions Ocean Nutrition Canada will pay to expand its capacity to an already world class molecular distillation plant. With the expansion Ocean says it will become the largest fish oil and dietary supplement manufacturer in the world.

PayPal survey looks at identity theft

Canadians, Americans and the British are twice as likely to fall victim of identity theft, according to a PayPal survey, than people in Spain, France and Germany. Twelve per cent of people surveyed in Ontario said they've been victims of identity theft compared to less than six per cent of Atlantic Canadians.

METRO HALIFAX

Seminar **DNA at work**



Jessica Young, a Dalhousie University student, shows Aiden Pearson, 6, how DNA is extracted and used to answer scientific questions as well as solve crimes. This seminar was held yesterday at the Spring Garden Road Memorial Public Library.

Refunds for some immigrants

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If you took part in Nova Scotia's immigrant mentorship program and you're still living in the province, you're probably in luck.

Yesterday the province announced it would offer a refund to more than 200 more immigrants who came here through the province's botched nominee program.

But only immigrants who have spent the past 12 months in the province apply. Any who went back home or to another part of Canada won't get anything back.

"We're here today to put behind us the parts of (the program) that didn't work well," said Immigration Minister Len Goucher.

"This is the right thing to do."

Immigrants paid \$130,000 to be fast-tracked into the province and given middle-management jobs. But in many cases the jobs turned out to be woefully inadequate. A previous refund went out to people who didn't get complete mentorships. Now the province could pay up to \$8 million back to nominees who did complete their mentorship. The money does not come from taxpayers but a pot paid into by immigrants.



Jose Buenes, who came to Nova Scotia through the infamous mentorship program, talks with reporters after finding out he is expected to get about \$50,000 refunded by the government.

"I'm very happy. As I said, it isn't so much the money as an issue of fairness. It was a real letdown when we were excluded from this particular program," said

Jose Buenes.

"We're glad the office of immigration has come to recognize this issue."

Buenes now works and lives in Halifax with his family working in the IT field. He expects to get \$55,000 back through the refund. It marks the end of a long, stressful process.

"I landed in October ... in 2005. I started my mentorship in October 2006. I got

blindsided by this whole thing in October 2007 and now we're looking for a happy Christmas in October 2008," said Buenes.

Both opposition parties criticized the government for limiting the refund only to those who stayed in Nova Scotia. They said people who were forced to move away for economic reasons should have a chance to get their money back as well.

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Minister's secret identity revealed

Parent dons cape, battles Bigfoot for littering skit at Shannon Park

DEVIN STEVENS
for Metro Halifax



A lumbering, littering Bigfoot and a cape-clad cabinet minister helped get Waster Reduction Week started at Shannon Park Elementary yesterday.

"It's an awful lot of fun," said Environment Minister Mark Parent, who moments earlier donned a cape and jester's hat to take on the identity of Captain Litterless.

"The kids are actually telling the parents when they waste and throw stuff out, 'No, don't do that.' If you can get to the kids, you can get to the parents."

During the assembly a loud, hairy, Bigfoot — principal Jim King — covered the floor with wrappers, plastic bags and popcorn

"The kids are actually telling the parents when they waste and throw stuff out, 'No, don't do that.'"

Mark Parent

and talked about the joys of wasting. That's when Parent came to the rescue, urging the students to care for the environment.

Bridget Keenan, 6, and Emily Hebb, 7, said they knew it was their principal in the Bigfoot costume. Emily said she learned littering and wasting water can harm animals and people.

"I learned that you shouldn't litter, no matter where you are or where you live," added Bridget.

Parent told the students he wants Nova Scotia to be



It's a bird, it's a plane, it's... the Environment Minister? Mark Parent did his best superhero impersonation as Captain Litterless and battled garbage at Shannon Park Elementary yesterday.

the greenest province by 2020. He admitted it'll be tough because the

province uses so much coal to produce electricity, but added that in terms of

waste reduction and recycling, "We're way ahead of some areas."



Tatamagouche native Dr. Pippa Moss visits Damaris Getuse and daughter Pippa during a visit to Kenya. The little girl is fighting to have as normal a life as possible while suffering from HIV.

Doctor aims to aid Kenyan family

TATAMAGOUCHE A gesture of kindness more than 30 years ago has cemented a bond between families an ocean apart.

After seeing a great deal of poverty following her seafaring father around the globe as a child, Pippa Moss used her very first paycheque at age 18 to sponsor a six-year-old boy, Ndungu Getuse, living in the African country of Kenya.

"He didn't have a birthday so I gave him mine," she said from her home in Tatamagouche.

Moss and Getuse stayed in close contact through the years. He married and named his second child, a girl, after Moss.

"It was a big thing giving her my name," said Moss. "I was, in essence, a grandmother."

When baby Pippa was five months old, the family sent a photo of her to Moss and as a physician she immediately felt the infant exhibited some signs of a serious illness. Baby Pippa was diagnosed with HIV.

"We think she was probably infected at the hospi-

tal where she went to be safe," said Moss.

When little Pippa was four years old, Moss visited the family in Kenya. Moss borrowed funds to purchase land for the family to farm. Her teenage son, Thomas, donated prize money from achievements at national science fairs.

The couple want to establish a home, Pippa's Place, devoted to caring for those children and are now realizing their dream with the aid of Moss.

Already about 0.42 hectares of land have been

How to help

- Donations can be made at Scotiabank in Tatamagouche and pledge sheets will be available at the branch and Sunrise Mercantile.


purchased, an investment of about \$18,000.

Moss and her son visited the family again last year and she will be returning in February 2009 to climb Kilimanjaro, Africa's highest mountain to raise funds for the project.

TRURO DAILY NEWS



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Police seek owners of items found in home raid

HARDWARE Police are still attempting to nail down the owners of \$60,000 in home improvement supplies seized by police in two raids last week.

Police say large retail stores were targeted in a scam which saw suspects purchasing items with false cheques and credit cards. The materials were seized by police at a home in Millville Saturday, and in Sydney Mines last Wednesday.

"We know it happens every day, unfortunately, but as far as this amount in one shot, this is the most I've ever seen," said Brent Kerr, the manager of a Sydney Home Depot, as he pored over seized materials for items missing from his store.

"But from what I see, there's still a lot out there somewhere. There's a lot of (merchandise) I have on paper that's not here."

Among the items recovered were a large amount of laminate flooring, doors and windows, a wood pellet stove with about 140 18-kilogram bags of wood pellet fuel and a small utility trailer.

The Saturday bust at 6 Island View Dr. in Millville is part of a larger theft ring that police say is connected to the seizure of a large amount of stolen goods, drugs, money and a loaded hand gun in Sydney Mines.

In that raid, one man, Richard Penny, 31, of Lamond Street in Sydney Mines faces charges including possession of cocaine for the purpose of trafficking, possession of a restricted weapon and possession of stolen goods obtained by crime, as well as breaches of an undertaking.

A second Sydney Mines man was released from custody on conditions but charges are pending. Regional police plan on laying charges against three men and one woman in the Millville bust. No arrests have been made yet, said Kelly.

THE CAPE BRETON POST

Information

- Anyone who believes any seized property belongs to them can contact the street crime unit at 563-5522 or 563-5211.
- Those with information concerning stolen goods can also call regional police at 563-5151 or Crime Stoppers at 562-8477.

North End Walkers praised by Heart and Stroke Foundation

The North End Walkers are enjoying a bit of notoriety in their seventh year of walking around North End Halifax. The Heart and Stroke Foundation is highlighting their success and the healthy benefits of joining a walking group. **METRO NEWS SERVICES**

Province to expand Trans Canada Trail

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Nova Scotia will soon be the province most connected by trails in Canada.

Premier Rodney MacDonald signed a memorandum of understanding

with Trans Canada Trail and the Nova Scotia Trails Federation yesterday to expand the Trans Canada Trail in the province.

The goal is to make the trails system in Nova Scotia the most connected in the country.

"The Trans Canada Trail is a wonderful showcase

"The Trans Canada Trail is a wonderful showcase for the natural beauty of our great country."

Premier Rodney MacDonald

for the natural beauty of our great country," said Premier MacDonald.

"The trail will also provide Nova Scotians with more opportunities for

physical activities like, walking, running and biking."

Aside from completing the trail, the understanding also covers helping community volunteers develop trails.

Trans Canada Trail National has also agreed to continue its national trail

construction funding program, which includes building pavilions at visible locations in the province.

The province will also strike a committee to work with the Nova Scotia Trails Federation on ways to sustainably manage the Trans Canada Trail.

University tuition down in province

DECLINE Nova Scotia university students are the only ones in Canada paying less for tuition this year. The average undergraduate tuition at Nova Scotia universities dropped 2.9 per cent this year.

It is the only province to register a decline in tuition, according to a Statistics Canada report released Oct. 9. The national average increased 3.6 per cent.

Education Minister Karen Casey and the province's 11 university presidents signed a three-year funding agreement earlier this year that froze tuition fees for all students and will increase operating funding by \$30 million in each year of the agreement. More than 42,000 students attend Nova Scotia's universities.

Average

• StatsCan puts Nova Scotia's average undergraduate tuition this year at \$5,932, a decrease of \$178 from the previous year. The Canadian average is \$4,724.

Nature reserves to protect forests

ECOLOGY Five new nature reserves located on former Bowater Mersey Paper Company lands in Nova Scotia will protect old-growth forests, wetlands, rare

species' habitats, and ecosystems.

Once formally designated, the areas will provide the province's highest level of environmental protection to lands purchased by the government from Bowater in 2007. Work is well underway on additional designations of new protected areas on the lands acquired from Bowater.

area

• The five new reserves will help protect 594 hectares (1,468 acres) and will be designated under the Special Places Protection Act.



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Affidavits were filed in six provinces this week as part of a planned class-action lawsuit against Maple Leaf Foods Inc. Twenty families have signed on to the suit alleging a family member died as a result of eating listeriosis-tainted meat. **TORSTAR NEWS SERVICE**

Canada



Mexico OK's Alberta beef

Mexico has lifted a two-month ban on live cattle imported from Alberta, Agriculture Minister Gerry Ritz said yesterday. Trade in breeding cattle born after January, 1999, has resumed, the Agriculture Department said in a statement. Mexico imposed the ban after Canada found its 14th case of mad cow disease in August. **REUTERS**

Kyoto legal challenge fails

ENVIRONMENT Environmentalists have lost a legal challenge to force the federal government to abide by the Kyoto Protocol on climate change, which Canada signed but has refused to implement.

The Federal Court Monday dismissed a lawsuit filed by Friends of the Earth Canada that alleged

ruling

- The judge ruled it is not up to the court to decide if Ottawa acted reasonably in failing to meet its commitments.

the government broke the law by missing deadlines for implementing the treaty. **REUTERS**

Canadian info likely led to torture: Inquiry

Canadian security services probably contributed indirectly to the torture in Syria of three Arab Canadians who had been suspected of involvement in terrorist activities, an official inquiry found yesterday.

Frank Iacobucci, who headed the commission that conducted the inquiry, concluded after interviewing the men that they had been tortured through a variety of means, including beatings with electric cables and being kicked in the genitals.

"Torture is a pernicious practice that is just beyond any kind of defence," said Iacobucci, a former Supreme Court judge.

The government-appointed inquiry covered the cases



Stockwell Day leaves a news conference in Ottawa yesterday after it was revealed that Canadian security services probably contributed indirectly to the Syrian torture of three Arab Canadians.

of Canadian-Egyptian Ahmad El Maati, Canadian-Syrian Abdullah Almalki and Canadian-Iraqi Muayyed Nureddin, who were arrested separately entering Syria between 2001 and 2003.

Iacobucci said mistreatment of the men did not re-

sult directly from any Canadian action, but Canadian officials indirectly led to the torture of El Maati and Almalki and likely also to that of Nureddin. **REUTERS**

Watch a video related to this story at metronews.ca/canada

News in brief

DEFICIT The worldwide financial crisis will tip Ontario into a "small" budget deficit this year, forcing the postponement of planned new government programs, sources said on the eve of today's economic statement.

UN Canadian activist Maude Barlow has been appointed as the United Nation's first senior adviser on water issues, a role she hopes to use to establish water as a human right and to convince Canada to "change its shameful position" on the issue, CBC News Online reports.

MONTREAL A Quebec Court judge yesterday refused to grant a nine-month suspended sentence to Marie-Eve Dean, a Montreal woman who called 911 more than 10,000 times in a 15-month period, CBC News Online reports. The judge declined the recommendation, saying Dean would likely do it again if she didn't get therapy.

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Comment & Views

Comment

Castles in sand will sink

TheWestView

Paul Sullivan

Journalist & Media Consultant

Tell me what's wrong with this picture. In my neighbourhood, a modest, two-bedroom, postwar bungalow goes up for sale — and sells for \$1 million. The guy who buys it tears it down, puts up a splendid 5.5-thousand square foot castle and puts it on the market for \$2.3 million.

It's still sitting there, unsold, six months later.

There was a For Rent sign on it for a while, but I guess they thought it sent the wrong message, so they took it down.

People stop and peer in

the windows as they walk their dogs. They've never seen anything like it before. It's a completely new kind of folly and they find it interesting.

But every day I get up, look out the front window at the Museum to Excess and the bad feeling grows: OMG, this is crazy. Million dollar teardowns! Palaces on poky suburban streets! We're gonna crash!

There are some who don't buy the argument that the U.S. real estate meltdown will blow the roof down in Canada. But the facts state otherwise: The average price of a home declined 6.2 per cent across the country in September.

The Canadian Real Estate Association reports that declines in Canada's most expensive housing markets will pull down the national average for the rest of this year and into 2009. "Canada's most ex-

These days, not even a Left Coast condomaniac, is going to pay \$800K for an 800 square foot condo.

pensive housing markets" include the Vancouver street where I live, but before you start gloating, Rest of Canada, it also includes Calgary and Toronto, and sooner or later Montreal, Edmonton, Winnipeg, Ottawa, Halifax ... did I miss your place?

The average price of homes in Vancouver is still a ridiculous \$535,598. But that's eight per cent less than last year, and perhaps even more significant, sales are running 43 per cent below last year. What's that loud popping sound?

Those of us sitting on a pile of shrinking equity mumble denials like worry

beads: Vancouver is the No. 1 city in the world according to the Economist or whatever ... the 2010 Olympics will save us ... everyone wants to live here. The Bank of Canada will save us, keeping that easy money pipeline open. Etc. But as Bertolt Brecht said: Those who are still laughing have not yet heard the bad news.

These days, not even a Left Coast condomaniac, is going to pay \$800K for an 800 square foot condo (yep, that's \$1,000 a square foot) — even if it does come with granite counter tops! Maybe never again.

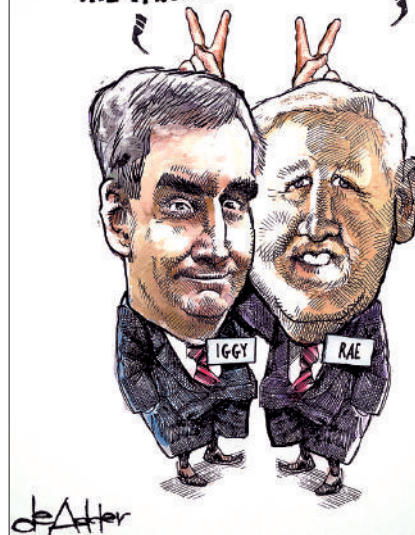
What was that Jimi Hendrix song? Castles made of sand sink into the sea ... eventually.

I think "eventually" just happened — right across the street.

Paul Sullivan is a Vancouver-based journalist, owner of Sullivan Media Consulting, and Editor in Chief of Orato.com, the citizen news web site.

THE LIBERALS
NEED A LEADER
WHO CAN UNITE
THE PARTY.

I AGREE.



MICHAEL DE ADLER

Views

Celebrate entrepreneurs' hard work

By BECKY REUBER

It's Small Business Week in Canada, and a great opportunity to celebrate over one million Canadians who own and manage a small business. These businesses create jobs and innovative products and services. They employ roughly half of the private sector work force, and spend proportionally more on Research and Development than their much larger counterparts. Many are proving to be competitive in foreign markets. In fact, Canadian small businesses account for roughly 20 per cent of Canadian exports.

Not only are small businesses good for our economy, they are also beneficial to the entrepreneurs who start them. They can provide income, exciting challenges, and the chance to be your own boss. However, during Small Business Week, this week, it is important to remember that



Even more striking is that one in three self-employed Canadians work more than 50 hours a week, compared with one in 20 Canadians who are employees.

there are also costs associated with being a small business owner.

One cost is that you have to work really hard. Self-employed Canadians, on average, work six hours more each week than the rest of us: Even more striking is that one in three self-employed Canadians work more than 50 hours a week, compared with one in 20 Canadians who are employees.

These long working hours can take their toll. Many business owners report feeling isolated. They can't sit around the water cooler and shoot the breeze with their co-workers the way that employees

can. Their peers are entrepreneurs working long hours in other businesses and it's difficult to find the time to socialize. They are around people all day, but most of these people are customers, suppliers, or employees who want something from them, and so they're always on.

Finally, many small business owners have money worries. Investors aren't that easy to come by, and most entrepreneurs use their own funds to start and manage their businesses. Two-thirds of Canadian small business owners finance their businesses with their personal savings. Other frequently used

sources of financing are personal credit cards, personal loans and personal lines of credit. Entrepreneurs continually need to balance the need for more funds, to fuel business growth, on the one hand, and the riskiness of taking on more debt, on the other.

Many small business owners feel in a more precarious position during this year's Small Business Week than they have in past years, due to the recent financial crisis. Many of them worry that their customer base could erode and that funds for hoped-for innovation and improvements will be difficult to come by. This is a great time for you to show your appreciation for their contributions to the Canadian economy by supporting small businesses in your local community.

Becky Reuber is Professor of Strategic Management at the University of Toronto's Rotman School of Management where she teaches Entrepreneurship and researches Canadian entrepreneurs' growth strategies.

Letters

Donna Lugar, HALIFAX

Although voter turnout was poor, I hope that the mayor and all elected councillors realize that there is voter dissatisfaction with the way the municipality is being run. They need to look at how they can improve the structure so that decisions are made on a timely basis and community centric decisions are made within the community. In this 250th year of democracy we no longer have a democratic form of municipal government. We can only vote for the mayor and our

district councillor, however, the entire council makes the decisions. We don't get to vote for the entire council — should we? What if we had a reduced number of councillors, elected at-large and community councils that actually have financial and decision making capabilities? Nova Scotia is a wonderful place to live and the capital city could be so much more. It only needs to be tweaked to ensure that it becomes the great place that it can be. Changes need to be made now — not four years down the road.

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India will launch its first unmanned moon mission today, following in the footsteps of rivals China and Japan, as it tries to show off its scientific know-how and claim a bigger chunk of the global space business. **REUTERS**

World/Business

Celebs boost U.S. youth vote

Initiatives by celebrities like Beyonce Knowles, Christina Aguilera and Sean "P. Diddy" Combs to persuade young people to vote have been successful, research showed yesterday.

"Celebrities have the power to motivate civic engagement regardless of their own grasp of the issues at hand," according to a study by Washington State University published in the Mass Communica-

Youth voter turnout

• About 44 million people aged 18 to 29 are eligible to vote in the Nov. 4 presidential election. If young voter turnout exceeded 50 per cent,

it would be only the third time since the voting age was lowered to 18 in 1972. Turnout among young voters peaked at 55 per cent in 1972.

tion and Society journal.

The study, based on a survey of 305 students at the university, contrasted with a number of other polls which indicated

celebrity endorsements of presidential candidates were unlikely to sway votes.

It said: "Celebrity-endorsed campaigns success-

fully lowered complacency and helped young people believe in their own impact on the political system. Young people got involved at higher levels and became increasingly aware of societal issues."

The study, led by Erica Austin, researched the influence of "get out the vote" campaigns in 2004 involving Knowles, Aguilera, Combs and other

celebrities. It quoted a 2004 Pace University poll which showed 44 per cent of newly registered voters were ages 18 to 25.

The study found that "the cause of this dramatic increase in voter participation of young people in 2004 can largely be attributed to celebrity get-out-the-vote promotions."



Sean Combs

Journalist has death penalty commuted

SENTENCE Afghanistan's appeal court sentenced an Afghan journalist to 20 years in jail, commuting an earlier death sentence, for distributing an Internet article that said the Prophet Mohammad had ignored the rights of women.

Perwez Kambakhsh, 23, a reporter with the Jahan-e Now daily,



Perwez Kambakhsh

was sentenced to death in January by a court in the northern city of Mazar-i-Sharif. The arrest and sentencing of Kambakhsh, also a university student, drew criticism from a number of Western nations, the Afghan media and rights groups. Kambakhsh downloaded an Iranian article from the Internet and distributed it to friends. **REUTERS**

Workers awarded \$80M in 'modern-day slavery' case

A U.S. court awarded \$80 million in damages to three Cuban dockworkers in a "modern-day slavery" scheme between the Cuban government and a Caribbean ship repair company, a lawyer for the men said yesterday.

The Cubans alleged that Curacao Drydock Co. conspired with Havana to force them to work as

slaves to fix cruise ships, tankers and oil platforms at the company's shipyard on the Netherlands Antilles island of Curacao. Their attorney filed suit under the U.S. Alien Tort Statute, which allows foreigners to file civil suits

80

The amount in millions a U.S. court awarded three Cuban dock workers in a "modern-day slavery case" involving the Cuban government and a Caribbean ship repair company.

in U.S. federal courts for alleged violations of international human rights laws. **REUTERS**

Thailand PM found guilty of conflict of interest



Supporters of the People's Alliance for Democracy (PAD) celebrate and hold a banner at the Government House in Bangkok yesterday. Thailand's Supreme Court ruled yesterday that former prime minister Thaksin Shinawatra had violated a conflict-of-interest law while in office and sentenced him to two years in prison. Shinawatra is accused of having involvement in his wife's purchase of land from a central bank fund.

Obama to visit sick grandmother

POLITICS U.S. Democratic presidential candidate Barack Obama will leave the campaign trail to go to Hawaii this week to visit the ailing grandmother who helped raise him along with his mother, Ann Dunham, and his grandfather, Stanley Dunham, an aide said.

Obama's grandmother, Madelyn Dunham, who will be 86 on Sunday, has seen her health deteriorate over the last two weeks. **REUTERS**

News in brief

GUANTANAMO The Pentagon official overseeing the Guantanamo war crimes court dismissed all charges against five prisoners yesterday, including British resident Binyam Mohamed, who says he falsely confessed to a terror plot while being tortured.

INDIA At least 14 people were killed and nearly 40 were wounded when a powerful bomb exploded yesterday in India's troubled northeast, police said. The device, thought to have been hidden in a bicycle, killed two people on the spot. **REUTERS**

Business

Bank of Canada cuts rate

Canadian investors were left hungry for more and slightly confused yesterday when the Bank of Canada surprised them with a meeker-than-expected rate cut, a move that seemed at odds with its bleak outlook.

Analysts thought that if the bank bothered to cut rates at all, the financial crisis warranted a half point rate cut in a single shot. Instead, the bank

shaved a quarter point off its benchmark rate, opting to wait until December before considering another quarter-point cut. **REUTERS**

Rally fades

The S&P/TSX composite index closed down 455.60 points, or 4.44 per cent, at 9,795.80, on a smaller-than-expected rate cut and falling commodity prices.

In brief

MORTGAGES The Canada Mortgage and Housing Corp. said it will buy up to \$7 billion of insured mortgages from banks on Thursday, part two of its \$25 billion plan to help banks.

MEAT Maple Leaf Foods Inc. has started distributing meat from the Toronto plant associated with listeriosis, after receiving clearance from health officials. All meat will require a "hold and release" before distribution. **REUTERS**

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Lilja has appendectomy

Detroit Red Wings defenceman Andreas Lilja underwent a successful procedure to remove his appendix yesterday. Lilja is scoreless in five games thus far in 2008-09. **METRO NEWS SERVICES**

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Sports



Canseco sorry for snitching

Jose Canseco says he's sorry for naming names of fellow baseball players who used steroids. During Monday's A&E documentary, Jose Canseco: The Last Shot, the former slugger says his anger at Major League Baseball prompted him to make the accusations in his 2005 book. "If I could meet with Mark McGwire and these players, I definitely would apologize to them," Canseco said, according to the New York Daily News. "They were my friends. I admired them. I respected them." **METRO NEWS SERVICES**

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Geography out the window?

CFL's playoff oddities could result in all-Alberta Grey Cup

YorkReport



The CFL can often be the complicated Football League, you know, and one of the reasons is its unusual playoff format.

I won't get into complete details here because it's, well, too complicated, but there's at least a reasonable chance the CFL's Grey Cup game in Montreal next month could actually involve two teams from the same province.

Yep, because of the CFL's complicated playoff formula, we could see the **Calgary Stampeders** and **Edmonton Eskimos** clash-

ing helmets in the league's championship game Nov. 23.

This would be awfully weird, of course.

Edmonton would be representing the Eastern Division. Which raises this question:

Huh?

One of the most appealing qualities of the Grey Cup tilt is that it traditionally produces a geographic rivalry, with a genuine East-West matchup.

Because the CFL's Western teams are so superior this season, however, the division's last-place team will cross over for the Eastern semi-final at Winnipeg.

And, if it beats the mediocre **Blue Bombers**, it would meet the **Alouettes** in Montreal in the Eastern final Nov. 17. And, if it defeats the Als,

this Western team would actually qualify as the Eastern representative for the Grey Cup.

With two weeks remaining in the regular season, the red-hot Stampeders are atop the West with 22 points and are Cup favourites.

The **B.C. Lions** and **Saskatchewan Roughriders** trail the Stampeders with

• Metro sports columnist Marty York is reporting that Don Matthews, winningest coach in CFL history, will be dumped by the Argonauts immediately after this season. The sources say Matthews, 69, had a handshake arrangement only to finish this season and has not impressed Toronto ownership enough to merit retention. The Argos are 0-6 since Matthews replaced Rich Stabler in mid-season.

20 points each, and the Eskos would at this point qualify as the crossover team into the Eastern playoffs as the Western cellar-dweller, with 18 points.

All of which explains why an all-Alberta Grey Cup is feasible.

Which is cool, I suppose, if you're an Albertan.

But what would it do for Canadians in general? Would it be of interest for the masses or a turn-off?

CFL spokesman **Jamie Dykstra** emerged with a politically correct answer for me yesterday, saying: "Our position is that, any time we can have the two best teams in the Grey Cup, that's what we're looking for."

Other CFL sources, however, tell me CFL commissioner **Mark Cohon** has let it slip in private that

he's hoping the Als flourish in the post-season in order to ensure an authentic East-West Grey Cup.

I understand the concerns. But that's life in the CFL. There are always concerns. There are always complications.

For the record, there have been four crossover teams in the CFL since the format was instituted in 1997. None won a playoff game.

But there's always a first. And this year's Eskos — or any Western team, for that matter — are strong enough to end the crossover drought and advance to the Cup final next month.

Brace yourself.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Fox hoping to avoid World Series sweep

TELEVISION What Fox Sports wants more than anything when it airs Major League Baseball's World Series starting this week is a competitive — and long-lasting — affair, the kind that draws maximum television ratings and advertising dollars. While the matchup between the Philadelphia Phillies and Tampa Bay Rays may not offer the appeal of teams from Boston, Los Angeles or Chicago, avoiding a short series is paramount for News Corp's Fox network, analysts and industry officials said yesterday. "When the World Series is going seven games, it can be the biggest story in sports. When it's a sweep, it's a little bit of a dog," said Jeff Gagne, a vice president with MPG North America, responsible for national sports negotiations. **REUTERS**

High scoring in Champions League

SOCCER A second Champions League double in a row from Dimitar Berbatov helped Manchester United beat Celtic 3-0 yesterday, keeping the European champions on top of Group E.

Wayne Rooney wrapped up the victory in the 76th with his ninth goal in seven games for club and country. A hat-trick by substitute Joseba Llorente helped Villarreal overwhelm Danish side Aalborg on a night when 36 goals were scored to equal a Champions League record from Sept. 13, 2000. **REUTERS**

The keys to the trophy: 2008 World Series

TAMPA BAY WINS IF ...

They can prove in the first two games in Tampa that they are no longer post-season rookies — which they really aren't any more. With two series wins including a grinding, exhilarating victory over the Red Sox, the Rays are as hardened as any first-season playoff team can be. The rotation is set up perfectly: LH Scott Kazmir in Game 1 at the Trop, where he performs his best; James Shields and

Game 1

• Cole Hamels vs. Scott Kazmir, 7 p.m. on Sportsnet

Matt Garza in Games 2-3 and 6-7 — at home, if necessary. If they get the series back to Tampa they will be very tough.

The revelation of the energizing Red Sox series may have been David Price. After holding it together and closing out Game 7, he could be an

important cog as a closer vs. the Phillies since they lost Troy Percival to injury and Dan Wheeler to exhaustion.

A win would be a great story for recovering RF Rocco Baldelli.

PHILADELPHIA WINS IF ...

LH Cole Hamels can have his way and shut down the Rays' young bats in his two scheduled starts against a very aggressive lineup. His change-up should be more effective

than if he were facing a more patient Red Sox lineup. Ryan Howard, Jimmy Rollins and Chase Utley need to step up and take the pressure off Shane Victorino. Brad Lidge, on paper, gives the Phils a huge advantage if he can continue his perfect streak of saves. Even with Hamels winning both his starts, the Phils need two more victories to win the series from among Brett Myers, Jamie Moyer and Joe Blanton. **TORSTAR NEWS SERVICE**



Lefty Cole Hamels starts Game 1 for Philadelphia vs. Scott Kazmir.

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Flanker Megan MacIsaac and first-year winger Ashley Aker, both of the Saint Mary's Huskies, earned spots on the AUS women's rugby all-star team yesterday. The Huskies face the St. Francis Xavier X-Women on Saturday at 2 p.m. in Antigonish in the AUS final. **METRO NEWS SERVICES**

Rainmen working for your weekend

MATTHEW WUEST
matthew.wuest@metronews.ca

If Halifax Rainmen co-owner Andre Levingston had his way, all of his home games would be on weekends.

As it stands, he got 90 per cent of his wish yesterday after the final Premier Basketball League schedule was released.

The Rainmen will play 10 games of their 20-game schedule at the Metro Centre, with three on Fridays at 7 p.m., one on Saturday at 7 p.m., and five on Sundays at 2 p.m. The other game is on Thursday at 7 p.m.

They begin the season on the road on Friday, Jan. 2, against the Quebec City Kebs, and host the Kebs the following Friday on Jan. 9 at 7 p.m. for their home opener. The regular season wraps up on March 28.

"I tried to get that Thursday game changed, but the schedule just wouldn't allow it," Levingston said. "So I told them I'd take one weekday game and take one

for the team."

It's a far cry from last year, when the Rainmen hosted just seven of 18 games on the weekend and had a schedule dominated with Wednesday and Thursday contests. The Rainmen are counting on the change — combined with what Levingston believes is a more stable league than last year's American Basketball Association — to grow their attendance from less than 2,000 a game to up to 4,000.

"We want to make it family-oriented," Levingston said. "Families don't have to worry about getting their kids to school the next day on weekends, and with 2 p.m. starts on Sunday, there's enough time to get home for a family dinner."

The Rainmen will play in the five-team Atlantic Division with Quebec City, the Vermont Frost Heaves, Manchester Millrats and Montreal Sasquatch.

The full schedule for the Halifax Rainmen is available online at www.metronews.ca/sports

Junior A hockey Lions beat Bearcats



Truro Bearcats forward Mike Veysey crashes into Halifax Lions goalie Daniel Stein during last night's Maritime Junior A Hockey League game at the Halifax Forum. Patrick LeBlanc's goal at 12:54 of the third period lifted the Lions (3-11-2) to a 4-3 victory. Lions forward Chad Locke, with a goal and two assists, was the first star.

Huskies move up in the rankings

FOOTBALL The Saint Mary's Huskies have climbed a spot in Canadian Interuniversity Sport's weekly football rankings.

The Huskies, who are 6-1 heading into the final game of the regular season Friday at 7 p.m. against the St. Francis Xavier X-Men at Huskies Stadium, jumped to the sixth spot after dropping four positions to No. 7 last week.

REUTERS

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Tampa Bay at Philadelphia

NHL

LAST NIGHT'S RESULTS
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Anaheim 3, Toronto 2 (SO)
Buffalo 3, Boston 2 (SO)
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Loyalty & Rewards

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

All about choice

Broad range of rewards, including cash, now available

TERRENCE BELFORD
for Metro Canada



Just a decade ago, men and women collecting loyalty rewards across Canada had a pair of plain vanilla choices when it came to cashing in those points: Air travel or a limited range of merchandise.

Today, plain vanilla has morphed into more choices than the front counter at a Baskin Robbins ice cream parlour.

Depending on the program, rewards points can pay down mortgages and personal loans, pay municipal property taxes in some cities, be converted into retirement or education savings or provide a chunk of

cash back at the end of the year.

Recipients can rent cars, pay for vehicles, support charities, spend a weekend at a spa, go to a movie or a concert and purchase anything from \$25 gift certificates to Vespa scooters and big screen televisions — or even offset all that carbon whooshed into the atmosphere by jet planes.

"For us, it is a matter of meeting customer demand, doing the research, finding out what customers really want and then offering that kind of reward," says Stacey Pearson, associate vice-president of retail products at TD Visa. "We have done the studies of our customers, and what they

have told us they really want is two things: Travel and cash back."

The result? TD offers a quartet of Visa cards with travel rewards, two of which give cash back based on total spending.

"At the end of each year, we send out cheques to cardholders in the tens of millions of dollars," she says. "For many of them, it is the happiest day of the year. With the cash they receive, they can go out and buy what they want. There is no need for merchandise rewards."

Lori Gray, vice-president of branch banking for the Ontario region at HSBC Canada, says she would go along with part of that. HSBC customers want travel

and cash back, but they also want two other options: Merchandise and the ability to give rewards points to charities.

"Loyalty is all about choices," she says. "Collectors usually decide from the beginning what kinds of rewards best suit them and then start working out ways to maximize spending so they get the rewards they want."

"At our bank, there is a 50-50 split between customers collecting for travel and customers collecting for other rewards, including merchandise, charitable donations and cash back."

At Air Miles, all categories of rewards showed a huge increase in redemptions last year, says Neil Everett, senior vice-president and chief marketing officer at Loyalty One, which runs the program.

"Redemptions are up 13 per cent so far this year," he says. "To date, 94 per cent of all collectors have redeemed for something."

The most popular rewards are gift certificates, including fuel cards, followed by electronics.

Collectors usually start by redeeming for small rewards — perhaps an A&P gift certificate — says Everett. Then they move up the chain.

"The next redemption might be something like



Studies have shown customers prefer cash back and travel rewards, as well as merchandise and the ability to donate points.

an iPod. When they find out how easy it is ... they set their sights higher."

How high? Everett says Air Miles will fill about 600,000 airline seats this year — or one every 3.9 seconds.

At Aeroplan, merchandise rewards are fast rising in popularity.

In 2006, they accounted for 18 per cent of redemptions. Last year, that figure rose to 20 per cent and, this year, it has already reached that 20-per-cent mark, says Nathalie Belanger, general manager of rewards management at Groupe Aeroplan in Montreal.

Aeroplan currently offers more than 500 mer-

chandise rewards, including Vespa motor scooters that cost 619,000 miles each.

"We started life as a frequent-flyer program, but are now in the process of recreating ourselves as a more complicated, more sophisticated frequent-flyer and frequent-spender program," Berlinger says.

"To do that, we have added a range of redemption choices, including merchandise, charitable giving, experiential rewards and even a new carbon credit program, which lets members use rewards points to offset the carbon dioxide their flights release into the atmosphere."

Just cash, please

Here's a look at five of the top credit cards in Canada that offer their subscribers cash back on purchases.

Capital One 1 per cent Cash Back Platinum Mastercard

- 0.5 per cent cash back on purchases of up to \$3,000; 1 per cent back on all purchases greater than \$3,000.
- No maximum rebate.

Citibank Enrich Mastercard

- 1 per cent cash back on all purchases.
- Maximum of \$250 back per

year (\$25,000 spending).

Canadian Tire Cash Advantage Mastercard

- 1 per cent cash back when you spend more than \$1,000 during a billing cycle.
- 2 per cent back for purchases at Canadian Tire stores and gas stations.
- No maximum rebate.

CIBC 1 per cent Dividend Visa

- 0.25 per cent cash back on annual purchases up to \$1,500; 0.5 per cent back on purchases from \$1,500.01 to

\$3,000; 1 per cent back for net purchases over \$3,000.

- No maximum rebate.

American Express Costco Platinum Cash Rebate Card

- 0.25 per cent cash back on the first \$2,000 in purchases; 0.5 per cent back on the next \$3,000 in purchases; 1.5 per cent back on any amount over \$5,000.

- Maximum rebate of \$500 (\$37,000 spending).

- Must have a Costco membership to be eligible.

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When shopping for travel rewards programs, consider what portion of the cost the program covers. Some rewards just apply to the basic fare, which means you would have to pay extra for airport taxes, fuel surcharges and more. **METRO NEWS SERVICES**

Shopping tip

Building brand key

Keeping customers happy important as market falls

RAFAEL BRUSILOV
for Metro Canada

As the market continues to plummet, keeping current customers loyal to your brand is likely to become more important than ever.

With less money to spend in a down-turning economy, even the strongest sellers are likely to see a drop in their overall sales, regardless of whether customers stick with their particular brand. There are some bright spots, however.

When times get tough people take fewer risks, meaning they do tend to stick with reliable brands they know and trust.

Loyalty incentives such

as quantity discounts, frequent shopper cards and Air Miles reward points can also have a greater impact than usual as customers look for every savings edge they can get when shopping.

Malcolm Fowler, senior vice-president of Vancouver-based loyalty solutions company Ernex, says that loyalty programs actually become more important as tough times hit.

"It is a common misconception that in harder times loyalty programs become one of the first things that are cut from marketing budgets. As the economy continues to squeeze consumers' wallets, consumers will look to spend their dollars where they

"As the economy continues to squeeze customers' wallets, consumers will look to spend their dollars where they get the most value — a loyalty program can be a key differentiator."

Malcolm Fowler



Keeping current customers happy is a win-win situation financially, experts say.

get the most value — a loyalty program can be a key differentiator," Fowler said. He does expect retailers will forgo the long-term rewards packages and instead focus more on instant gratification.

"As consumers begin to look toward ways to cut down their expenses, businesses may offer shorter, more immediate rewards rather than focusing on

awards that may seem harder to attain," Fowler said.

He also says research has shown obtaining new customers is three to five times as expensive as it is to maintain the business of current customers, so keeping current customers happy is a win-win situation financially.

As long as businesses update their loyalty programs

to make sure they are relevant to their customers' needs and tastes, Fowler says customers will come back.

"It really doesn't matter if someone who will never purchase from your business doesn't see value in your loyalty program — it does matter that your best customers do and that the program is relevant to your target market," he said.

Unique wares on offer at online shops

In a tough economy, there's a "flight to value," by consumers trying to stretch their dollars, says Air Miles president and CEO Bryan Pearson.

Looking for ways to meet the demand, Canada's leader in rewards programs, with 15 million cardholders in 10 million households, now offers online shopping for select consumer goods with big Air Miles bonuses.

That's in addition to Air Miles' existing e-store.

"We often come across really neat products and so we decided to make some of them available to our consumers in such a way that they could pay cash and get rewards miles for their purchases," he says.

The site launched Sept. 21 with four products ranging from \$49.99 to \$129.99. Each item comes with 50 bonus miles, plus the regular one reward mile for every \$20 spent. Using an Air Miles affiliated credit card to make the buy also allows consumers to earn even more miles.

"Fifty Air Miles is the equivalent of spending \$1,000," says Pearson. "We see these bonuses as a way to add incentive and create excitement."

The first products on the site were a pocket video cam for \$109.99, an indoor grill for \$49.99, an iPod boombox for \$49.99 and a clock radio and photo frame for \$129.99.

"We've launched this as a pilot project and we'll see what response we get from consumers," says Pearson. The plan is to make limited quantities of select products available for short periods and add new ones as they sell out.

"We'll look at anything that's a good deal and good value for our collector base ... items that might not be readily available in retail stores," Pearson says.

Meanwhile, Air Miles' closest competitor, Aeroplan — with more than four million members in 20 per cent of Canadian households — has also made some recent moves to attract consumers.

Started in 1984 by Air Canada as a frequent-flyer program, the company made a shift in 2003 to expand beyond air travel rewards into retail, hotel rooms and rental cars.

In June, the company launched Aeroplan eStore, offering miles for purchases from 90 retailers, including Dell Canada, Toys "R" Us, Tiger Direct and Chapters Indigo.

TORSTAR NEWS SERVICE

Redemption rates rise during the holidays

ERIC EMIN WOOD
for Metro Canada

Thinking about redeeming those reward points this November? You're not alone. Most loyalty programs see their redemption rates go up during the holiday season, and this year, despite talk of a recession, is expected to be no different.

"From a rewards perspective, we're pretty confident that people are going to be using their miles as much, if not more, to get the things that they want for the holidays," says Nathalie Belanger, general manager of rewards management with Aeroplan.

Two-thirds of Aeroplan's four million members redeem their points during the holiday season, says Belanger. Rate of accumulation is roughly one mile for every dollar spent, with non-flight rewards ranging from \$50 gift cards (which cost around 6,000 miles) to a 50-inch HDTV (483,000 miles).

Rival Air Miles is no different. "I think the big focus is just people getting smarter about how they



Retail programs tend to gain customers during the holidays.

spend their dollars," says Neil Everett, senior vice-president and chief marketing officer with Air Miles. "Our program is primarily based on things you need to buy every day, so we don't see a significant change in that behaviour."

The Air Miles reward program includes 14.5 million members in Canada, with more than 100 sponsors offering more than 800 products and gift certificates in every category

imaginable. Rewards include the iPod Touch (4200 miles), a 50-inch HD TV (36,000 miles) and Flare magazine subscriptions (75 miles). Most sponsors offer one Air Mile for every \$20 spent.

Neither Aeroplan nor Air Miles see enrolments spike during the holidays. "We typically see about 60,000 enrolments a month," says Everett. "It takes a bit of time to collect miles, so there really isn't an advan-

tage to enrolling at this particular time of year."

Retail programs usually gain customers during the holiday season, however.

"Since the holidays are our busiest season and most enrolment happens in our stores, we typically see an increase in memberships," says Shawn Bloom, Director of Hbc Rewards.

Members of the Hbc reward program earn 50 points for every dollar they spend at any Bay, Zellers or

Home Outfitters store. Rewards include Hbc gift cards (a \$100 gift card is worth 800,000 points), gas, movies, and even flights.

More customers sign up for Indigo's iRewards program during the holiday season as well, says Deirdre Horgan, chief marketing officer of Indigo. "We see a quarter of our annual members sign up during the November-December time period," she says. Members of the program account for more than 40 per cent of the company's overall sales.

The iRewards program differs from the others in that it's fee-based. Rather than points, consumers are offered savings on merchandise — 40 per cent off bestsellers, 10 per cent off all books in-store, 5 per cent off any books purchased online. More than one million members pay the annual fee of \$25.

"The difference is you get immediate benefits," Horgan says. "Books are an affordable gift, and this holiday season people are going to be seeking discounts and saving a bit more aggressively than in the past."

Automotive

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Small changes, big difference

The new Acura TL is handsome, powerful and techno-loaded

ROBERT BIENTEMA
for Metro Canada

The Acura TL debuted in 1995 with what would become the gradual evolution of Honda Accord-based efforts, but it's the third-generation version that really caught the attention of Acura aficionados with its techno-loaded combination of angular design and dynamically muscular performance.

Yes, there's been contentment in Acuraville. But if you pressed the TL faithful, they just might admit to a small wish list requesting more of the same — more power, more handling, a more distinctive look and, what the heck, maybe a little more rear seat room while we're at it.

So, with the latest generation design, still handsome as it is, now in its fifth year, a reworking was inevitable. Which was why Canadian automotive journalists trekked to New York for the recent unveiling of the new fourth-generation 2009 Acura TL.

So, let's start with size. The 2009 Acura TL is noticeably larger — 156 mm (6 inches) longer, 30 mm (1.8 inches) wider and 10 mm (0.5 inches) taller. And that bigger body rests on a wider track and a 34 mm (1.4 inches) longer wheelbase, all of the latter applied to a stretch of rear



The 2009 Acura TL, bigger, with more power, more poise and now available with SH-AWD or Super Handling All-Wheel Drive system.



The TL SH-AWD model with its artfully exposed all-new 3.7-litre V6 engine harnessing 305 hp and 273 lb-ft of torque.

seat room. There's also more trunk room, a larger double-deck glove box, a sliding drawer in the centre armrest and new centre console pockets.

The size increase results are obvious — more interi-

or room and more poise on the road. Yet the size increase has been managed with minimal weight gain and it has not hampered the TL's inherent sportiness.

Which brings us to pow-

er and performance. And the one factor that has always sort of sidelined the TL as the wallflower at the sport sedan dance — front-wheel-drive.

While the European originators of the sport sedan niche have remained true to the balance credo of front-wheel-steering and rear-wheel-drive, also inspiring other Japanese brands like Lexus and Infiniti to follow their lead, Acura remained the only premier brand to dig in its heels and stick with front-wheel power. But as those competitors have begun to push performance further with new all-wheel drive offerings, Acura can now meet them on a level

playing field with their own SH-AWD, or Super Handling All-Wheel Drive system.

The 2009 Acura TL will be available in two models — TL and TL SH-AWD.

The SH-AWD, available on the TL for the first time, is primarily a front-wheel-drive system that can shift up to 70 per cent of power to the rear wheels under acceleration. In fact, it can shift torque to any wheel. On your favourite twisties, the system can also distribute more torque to the outside rear wheel to create a "yaw moment" to help the TL turn in more quickly and precisely — while also continuously apportioning drivetrain power from

2009 Acura TL

Type: Premium sports Sedan
Price: \$39,990-\$44,490
Engine: 3.5-litre V6
HP: 280-305 hp

Highlights

- Muscular styling
- Front- and AWD available
- Larger than predecessor

front to rear and left to right. There's an obvious reduction of the torque-steering feel inherent to the base front-wheel-drive model and the result is balanced performance that offers more than just all-weather security.

Corresponding to those two model choices are two different all-aluminum VTEC engines. A 3.5-litre V6 producing 280 hp and 254 lb-ft of torque replaces the former 3.2-litre engine. For those of you keeping score, that's an increase of 22 hp and 21 lb-ft of torque while maintaining equivalent fuel economy.

Performance-sedan devotees will probably choose the TL SH-AWD model. Its bored and stroked, all-new 3.7-litre V6 engine harnesses 305 hp and 273 lb-ft of torque and it accelerates with a little more sound and fury than the stock engine. Those are V8 numbers with V6 fuel economy, with power levels up 19 hp and 19 lb-ft over the previous Type-S 3.5-litre.



Rust control treatments make your car last longer and will save money over the long term.

Rustproofing for the winter ahead

Winter will soon be here again and it's time to think about how to protect your automobile from the deterioration caused by cold weather, snow and road salt.

One way is to take your vehicle for a rust-control treatment. Frequently referred to as rustproofing, it's a process of spraying a rust-inhibiting chemical on the underside and inside of your vehicle's body, as well as any other rust-prone areas. Rust control makes your car last longer

and will save money.

With today's higher prices for everything from auto insurance to gasoline, most of us are watching our spending.

We may not be able to buy a new car every three or four years, which is where rust control can help. Having your vehicle sprayed annually may well double its lifespan, saving you thousands of dollars. Here's how:

• Your car will last longer, delaying the need to buy a new one.

• If your vehicle is paid for and you keep it for 10 years, you can avoid years of car payments — a potential saving of from \$20,000 to \$40,000 or more.

• Maintenance costs are lower and your car looks better.

• Resale value increases.

"If you buy a vehicle and plan to keep it for more than four years, consider taking it to a reliable rust control business to be sprayed every year," suggests Freeman Young, president of Krown Rust Con-

trol Systems.

"And check to make sure that the process is environmentally safe and the technicians are properly trained."

After purchasing a house, a vehicle is probably the biggest item people ever buy, so it makes good financial sense to prevent rust from causing premature deterioration.

An annual rust control treatment for an average car costs about \$110 before tax and does not void your manufacturer's warranty.

Preparing car for winter

Bone-chilling temperatures, snowstorms and icy roadways are just a few seasonal characteristics that have some Canadians considering relocation when winter hits. And while there is not a lot that can be done to help those that despise the cold weather, the hassle of preparing your vehicle can be made a lot easier with a few winter-fighting tips from experts.

DO:

- Get rid of the light-weight blues (washer fluid, that is). Some plain blue washer fluids don't add up to much more than water and a little bit of solvent, so they can freeze on your windshield when the temps go south.

Instead, convert your first tank of summer wash to winter wash by topping off with de-icing windshield washer. It can clear light ice, improve driving visibility and help prevent dangerous refreeze.

- Change your oil. Motorists that travel short



trips of less than 10 miles when outside temperatures remain below freezing should follow a severe maintenance oil-change schedule. While the recommended change interval is 5,000 to 8,000 kilometres, a severe schedule may require more frequent oil and filter changes.

You should consult your owner's manual to learn

the interval schedule that works best for your vehicle, and be sure to use a more premium filter.

- Fight the freeze-over. If you are not a huge fan of the exercise that goes into excessive scraping, windshield de-icer spray with a scraper top can quickly help melt frost and ice fast, as well as help reduce dangerous refreeze.

- Prepare for the worst. It

could be devastating if you get stranded in cold temperatures. Carry an emergency kit that includes a cellphone, spare jacket, blanket, extra gloves, scarves and water for yourself, and extra fluids for your car.

DON'T:

- Mix hot and cold. Pouring hot water on cold glass to clear your windshield

"Prepare for the worst ... Carry an emergency kit that includes a cellphone, spare jacket, blanket, extra gloves, scarves and water ... and extra fluids for your car."

could crack it. Consider spraying your car's windows with ice- and frost-blocker. When sprayed on the night before, the formula imparts a barrier on the glass, thus reducing the adhesion of the ice and frost to the windshield and other glass surfaces, making it easier to clear ice from the windows.

- Leave your gas tank on empty. During the winter, it is important to keep your gas tank at least half full. Filling up your tank helps decrease the chances of moisture forming in the fuel lines and possibly freezing.



To ensure safety while driving in winter, invest in four winter tires.

Winter tires worth the cash

SAFETY After sampling winter, summer and all-season tires back-to-back on the same roads, season-specific tires are always the right choice. And avoiding a fender-bender can more than pay for a set of winter tires. Plus, your summer rubber doesn't accumulate kilometres during the winter and vice versa, therefore extending their life almost by half.

Nigel Mortimer, head of recalls for Transport Canada and a veteran Formula Ford racer, gives a reason that makes a lot of sense.

"If four good winter tires are installed, the traction differential between winter and summer roads is less than if the same tires are used all year," says Mortimer. "Cold all-season tires have far less traction than cold winter tires due to the rubber composition of the tire tread."

In other words, in cold conditions, winter tires allow handling characteristics to be more similar to performance tires than all-seasons do. And, as winter roads can change every metre, ensuring predictable handling is just as important as outright grip.

Tires marked with the pictograph of a peaked mountain with a snowflake meet specific snow traction and severe snow condition requirements. Tires marked M + S (mud and snow tires), also known as all-season tires, will provide safe all-weather performance, but fall short in severe snow conditions.

In addition, M+S tire requirements are guidelines and involve no actual testing to receive the M+S designation, while winter tires must meet performance requirements.

Staying safe on treacherous roads

DRIVERS Most winter accidents are caused by human error. The accident inspectors say that the first snowfall is often the most dangerous since people have not adapted their speed and driving ability to the winter conditions — often losing control and spinning sideways into an oncoming vehicle or stationary object.

So find an empty parking lot or safe place to practice your winter driving skills — or lack thereof. As long as you're not doing hundreds of doughnuts, the local police shouldn't mind.

Anyway, the reason for finding a parking lot is simple: Do you really know how your car handles in the winter?

Think about how you react in a panic stop. Do you jump on the brakes? Try that. Try stopping from the same speed with gradual pressure on the brake pedal. Then try turning and braking at the same time.

Pay attention to how the car reacts — or doesn't react — to your commands.

"With today's cars the warning is more subtle than the old rear-wheel-drive cars that did not have traction control and stability control," says Nigel Mortimer, head of recalls

Awareness

- By gradually increasing your winter driving skills, you can quickly pick out which drivers to avoid, and with winter tires, you'll have a better chance of avoiding collisions and maintaining control.

for Transport Canada.

"For example, a front-wheel-drive car or an all-wheel-drive vehicle will not fishtail when the tires spin. You have to listen for the tire spin, or watch the speedometer needle suddenly jump, or feel the suddenly lifeless steering to realize that the tires are sliding."

"Even simply braking early for a stop sign will allow you to test the limits of traction in that area before you really have to be stopped."

After all, it's better to feel a sliding car when you don't have two kids in the back while bearing down on a busy intersection.

New drivers or drivers who aren't confident motoring during the winter should consider a winter driving course. Most schools across the country range from under \$200 to over \$600, available in one- or two-day iterations.

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New level of performance

Ralliart badge boosts power, handling of 2009 Galant

Mitsubishi is expanding its lineup again by adding a Ralliart to the 2009 Galant mid-size sedan model.

The Ralliart badge on a Mitsubishi signifies that it has been given additional performance features to enhance power, ride and handling.

Mitsubishi started humbly here in Canada just six years ago with cobbled-together cars and trucks that were already well into their product cycle.

But that changed two years ago with the introduction of the Outlander SUV and the Eclipse sportscar. Recently the very high-performance Lancer Evolution 10 GSR and MR debuted and now there is a Ralliart version of the Galant for those who want more than just A-to-B driving in their lives.

The 2009 Mitsubishi



Galant is offered in three distinct trim levels: Galant ES, Galant GT and Galant Ralliart.

The entry-level Galant ES is powered by a 2.4-litre, SOHC, four-cylinder engine producing 160 and 157 lb/ft of torque. The front wheels are driven through a standard four-

speed Sportronic automatic transmission with sequential shift mode.

The 2009 Galant GT features a 3.8-litre, SOHC V6 producing 230 hp and 250 lb/ft of torque with a standard five-speed Sportronic automatic also with sequential shift mode.

Then we come to the

Ralliart that takes the Galant nameplate up into the level of high-performance sports sedans.

With a base price of \$32,998, power comes from the same 3.8-litre DOHC V6 found in the Eclipse GT-P sportscar and gives the Galant Ralliart an acceleration time of ze-

2009 Mitsubishi Galant

Type: Mid-size sedan
Price: \$32,998
Engine: 3.8-litre DOHC V6
HP: 258 hp

Highlights

- Fast
- Large cabin
- Well-equipped base model

ro-to-100 km/h in about seven seconds.

In the Ralliart, the 3.8-litre V6 produces 258 hp and 258 lb/ft of torque at 4,500 rpm, making it one of the most powerful import brand sport sedans in the segment.

This is accomplished in part by the Mitsubishi Innovative Valve Timing Electronic Control system (MIVEC) which helps optimize power and engine efficiency across a broad engine speed range.

Students can snap away for photo contest

BRIDGESTONE So, you want to be a professional photographer? Here's your chance to create the magic and win a cash prize. Bridgestone Firestone Canada Inc. is giving Canadian post-secondary students the chance to showcase their talent behind the lens in the seventh-annual Bridgestone Photo Contest. This year's contest, which began on Sept. 2 and runs until Dec. 1, is expected to attract a record number of students. Students registered in photography programs at 13 universities or colleges across Canada are participating in the contest. For each school, the top three images submitted will win a cash prize of \$1,500 (first place), \$1,000 (second place) and \$500 (third place). Judges will also select two national winners from among the first-place finishers, including one grand prize (\$2,000) and one special mention (\$1,000).

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Chrysler plugs into future

Chrysler LLC recently announced that its ENVI organization will have new production-intent, advanced electric-drive technology packaged in three different vehicles.

There will be one for each of its brands, Chrysler, Jeep and Dodge.

Chrysler will select one electric-drive model to be produced in 2010 for consumers in North American markets, and European markets after 2010.

Additionally, approximately 100 Chrysler electric vehicles will be on the road in government, business, utility and Chrysler development fleets in 2009.

The company said that it is well into the devel-

opment of advanced, production-intent electric vehicles, and that it will apply electric-drive technology to its front-wheel-drive, rear-wheel-drive and body-on-frame four-wheel-drive platforms in the next several years.

At its world headquarters near Detroit, Chrysler showed three electric-drive prototypes, Dodge EV, Jeep EV and Chrysler EV, and demonstrated the driving performance and capability of each.

The development of Chrysler's Electric Vehicles and Range-extended Electric Vehicles is led by ENVI, representing the first four letters of "envi-

ronmental," the Company's in-house organization that was formed to focus on electric-drive production vehicles and related advanced technologies.

Chrysler's Electric Vehicles utilize just three primary components.

These include an electric motor to drive the wheels, an advanced lithium-ion battery system to power the electric-drive motor, and a controller that manages energy flow.

The electric-drive system is being developed for front-wheel-drive, rear-wheel-drive, and body-on-frame four-wheel-drive vehicle applications.

Supercar Heart stopper



Faster than a Bugatti Veyron and almost twice the price, this ultra rare, 1018 hp Koenigsegg CCR Edition is now in production. Capable of catapulting its occupants to 100 km/h in just 2.9 seconds, the 4.8-litre V8 Koenigsegg CCR Edition is the latest in a long line of supercars from the Swedish manufacturer. The car comes with a heart-stopping price tag. It's yours for a cool (est.) \$3 million Cdn.

20-plus debuts at L.A. auto show

EVENT Opening in less than a month, the 2008 Los Angeles Auto Show will feature more than 20 world premieres of production and/or concept vehicles from global automakers November 21-30. To date, world debuts are confirmed from Buick, Cadillac, Ford, Honda, Hyundai, Infiniti, Lamborghini, Lincoln, Lexus, Mazda, Mercury, Nissan, Porsche and Volkswagen. This year marks the third consecutive year that the LA Auto Show will take place in the fall rather than early January.



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*On all 2009 models. Compared to MSRP for 2008, same model. **MSRP for a 2009 Murano 3.5 S AWD (L6RG19 AA00), CVT transmission/ 2009 Altima Coupe 2.5 S (T2RG59 AA00), manual transmission/ 2009 Xterra S 4x4 (BCLG59 AA00), manual transmission/ 2009 Armada LE-V8 4x4 (7CTG79 AA00), automatic transmission/ 2009 Altima Hybrid 2.5 S (T4HG19 AA00), CVT transmission/ 2009 Rogue 2.5 S FWD (W6RG19 AA00), CVT transmission/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00), manual transmission/ 2009 Frontier King Cab XE 4x2 (2KLG59 AA00), manual transmission/ 2009 Maxima 3.5 SV (U4SG19 AA00), CVT transmission/ 2009 Titan King Cab XE 4x2 (1KAG79 AA00), automatic transmission/ 2009 Altima Sedan 2.5 S (T4RG59 AA00), manual transmission/ 2009 Pathfinder S 4x4 (B5CG79 AA00), automatic transmission. †\$47,498 MSRP for a 2009 Murano LE AWD (L6SG19 AA00), CVT transmission/ \$29,798 MSRP for a 2009 Altima Coupe 3.5 SE (T2SG59 AA00), manual transmission/ \$36,398 MSRP for a 2009 Xterra SE (B0SG79 AA00), automatic transmission/ \$30,698 MSRP for a 2009 Rogue SL AWD model w/ Premium Package (Y6SG19 BK00), CVT transmission/ \$16,498 MSRP for a 2009 Versa Hatchback 1.8 SL (B5RG59 AA00), manual transmission/ \$31,798 MSRP for a 2009 Frontier PRO-4X King Cab (4KVG59 AA00), manual transmission/ \$39,950 MSRP for a 2009 Maxima 3.5 SV w/ Sport Package (U4SG19 SP00), CVT transmission/ \$35,098 MSRP for a 2009 Titan King Cab SE 4x2 SWB (1KCG79 AA00), automatic transmission / \$29,498 MSRP for a 2009 Altima Sedan 3.5 SE (T4SG59 AA00), manual transmission/ \$40,698 MSRP for a 2009 Pathfinder SE 4x4 (B5CG79 AA00), automatic transmission. Destination and PDE charges (\$1,500)/ (\$1,400)/ (\$1,500)/ (\$1,550)/ (\$1,400)/ (\$1,500)/ (\$1,325)/ (\$1,440)/ (\$1,425)/ (\$1,450)/ (\$1,400)/ (\$1,500), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may sell for less. †1.9% purchase financing for up to 60 months available only on 2009 Altima Sedan and 2009 Rogue models. Finance Example for a 2009 Rogue 2.5 S FWD (W6RG19 AA00): \$23,798 MSRP, financed at 1.9% APR for 60 months equals \$354.89 per month with \$5,000 down payment. Cost of borrowing is \$995.47 for a total obligation of \$26,293.47. Up to \$84 PPSA, \$1,500 freight and PDE, license, insurance registration and taxes are extra. Finance offers available on Nissan vehicles on approved credit through Nissan Canada Finance. Retailers are free to set individual prices. Retailer order/trade may be necessary. Vehicles may require factory order. Offers available for a limited time, may change without notice and cannot be combined with any other offers.

According to Statistics Canada, snowbirds are heading south in larger flocks than ever. In 2007, the number of Canadian snowbirds in the United States jumped to 517,000 from 415,600 in 2006. **TRAVELGUARD.CA**

Travel



The Fall of the Wall

Next year will mark the 20th anniversary of the fall of the Berlin Wall, and to celebrate, cities from Berlin to Leipzig will host special festivals, exhibitions and events. Visit berlin.de for further details.

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Frequent-flyer tips

The Travel Junkie

Julia Dimon

juliadimon.com

Having travelled to some 60 countries, with three around-the-world adventures under my belt, I've spent a lot of time flying. With so much time travelling to and from airports, packing, unpacking, standing in line-ups and answering questions from customs officials, I've picked up a few tricks.

- When booking an airline ticket, flying mid-week will not only be cheaper, it won't be as crowded.
- Sign up for frequent flier rewards points from all airline carriers: Air Canada (Aeroplan), Cathay Pacific (Asia Miles), American Airlines (AAdvantage), and so on. This way, no matter what airline you fly, you'll be raking up points to put towards future travel.
- On the day of the flight, check in online. By doing so, you'll avoid one less frustrating lineup, get the chance to select your preferred seat in advance and minimize your airport waiting time.

- Selecting the perfect airplane seat is an art. For short flights, I prefer an aisle seat (more leg room) near an exit row, so I can quickly escape if, in the unlikely event of a crash, the plane bursts into flames. For long-haul flights, I prefer a window seat, so my head will have something to hit when it nods off. I've also learned the hard way that the seats just before the exit row don't recline. Not a very comfortable choice for overnight flights; seatguru.com is a great resource for plotting your perfect seat.
- Bottles of liqueur may make great gifts but, due to recent rules about bringing liquids onboard, they must be checked. In order to prevent leakage or breaks, wrap them in clothing and put them in the middle of your suitcase.
- Charge up your gadgets, be it laptop, iPod or cell phone, so they're juiced up for the long plane ride and point of landing.
- When you arrive at the airline check-in counter, it may be worth asking if there are any "emergency" or exit rows available. These seats come with responsibility, but you also get extra leg room.

Safe travels!

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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Partying on in Reykjavik

Icelanders are still going out to party at night in droves regardless — or maybe because of — the island's near financial collapse. Helped by the Iceland Airwaves pop festival now taking place in clubs across the capital, bars and restaurants along Reykjavik's main street are doing a roaring trade.

"Actually, when people get depressed they drink more," said Friesteinn Gisslason, manager of the Solon bar, one of the most popular on the main street. "The crisis has not hit us so much so far."

Iceland has been a hip travel destination for young Europeans in recent years because of its off-beat nightlife, cultural scene, and natural attractions, including thermal pools and volcanoes.

And although the most notable visitors in town are an International Monetary Fund delegation, Iceland hopes more tourists will come in search of bargains after the devaluation of their currency.

"It is going to be so crowded in downtown Reykjavik, similar to good, good summer days. You



Visitors and locals alike in Iceland see their drinks half-full amid the global economic crisis.

will see about 20,000 people in this small area. It is going to be a good party, just like normal," said Aegir Dagsson, manager of the Kaffibarinn. His small, popular bar, central to the cult movie 101 Reykjavik, was packed on Thursday, with a mostly young crowd and many people waiting

to get in. Arnar Ludviki-son, who works at the bar, says "I know 60 per cent of the people that go to this bar; there will be about 200 people here tonight."

In the early hours of the morning, large groups of people are out and about, despite the talk of financial woes. The Finance

Ministry said that Icelanders' debt was equal to two times their annual disposable income. Some see these problems hitting home further down the road. But Icelanders say they are used to crisis and have also become toughened in the harsh north Atlantic climate. **REUTERS**

Nervous hoteliers ponder their industry's gloomy outlook

The world's biggest hoteliers expect their industry to stagnate as the financial crisis hits lending for new projects and forces people to cut back on travel.

That gloomy realization, expressed at a conference in Hong Kong last week, spells more trouble for the global economy. Travel and

hospitality employs nearly quarter of a billion people and accounts for a tenth of gross domestic product.

"In the West there's fear, in London and New York you can see it, smell it," said Andy Cosslett, chief executive of Intercontinental Hotels Group.

"Asia is the place to be,

but even they're not going to get away with it."

The global travel business will probably expand 0.5 per cent in 2009, according to an increasingly pessimistic World Travel and Tourism Council (WTTTC), which had previously forecasted 4.5 per cent growth.

The industry has notched up annual growth of three to four per cent since 2003.

"A crisis like this brings modesty," said WTTTC President Jean-Claude Baumgarten, adding that falling property markets across the world would hurt tourism. **REUTERS**



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U2 signs 12-year deal

U2 could earn more than \$850 million US after signing a new contract. The rock band has made a 12-year deal with promoters Live Nation, which will entitle them to 1.56 million shares in the company worth around \$17 million.

FEMALEFIRST.CO.UK

Entertainment

Nobel Scarlett

Actress Scarlett Johansson is to co-host this year's Nobel Peace Concert, which singer Diana Ross will headline, in Oslo, Norway, on Dec. 11.

BBC NEWS ONLINE

From life to stage

Neptune Theatre shines spotlights on the Richard Nixon and David Frost interviews

PHILIP CROUCHER
philip.croucher@metronews.ca

Jim Mezon calls it a challenge to play the role of someone as well-known as Richard Nixon.

But the longtime Canadian stage actor points out he isn't looking to mimic the former president of the United States. Instead, he searches to find the essence of who he was.

"If they wanted to hire an impersonator, they would have," Mezon said yesterday. "I assume they hired me because they hired an actor who can somehow find what is at the heart of who this guy

was."

Mezon is co-starring in Neptune Theatre's new production *Frost/Nixon*, which officially opens on Friday and runs through Nov. 16. Directed by Joseph Ziegler, and also starring Clive Walton as David Frost, the play recreates the real life events leading up to, and during, the historic 1977 series of interviews, in which the disgraced ex-president acknowledged his guilt for Watergate.

Mezon calls Walton "brilliant" in the role of Frost, the famous interviewer from Britain. Mezon and Walton share the stage regularly, includ-

If you go

- WHAT: Frost/Nixon
- WHEN: Preview tonight and tomorrow. Opening Friday with performances through Nov. 16
- WHERE: Neptune Theatre.
- TICKETS: Adult tickets from \$27 to \$45. Phone 429-7070 or visit www.neptune-theatre.com

ing in the play's key moment when, in arguably the most famous presidential interview in TV history, Nixon tells Frost his involvement in the infamous Watergate scandal.

"The play is really well written and the questions



Richard Nixon, played by Jim Mezon, has makeup applied during a scene from *Frost/Nixon*.

are compelling," Ziegler said of the play by British screenwriter Peter Morgan. "So even though you know the story really well, we sort of grew up with this story, you're still waiting (for that key moment)."

Ziegler said the timing of

this play's run in Halifax is perfect since it comes shortly after the Canadian federal election and about two weeks before the American election.

Ziegler said people are growing tired of the constant politicizing with to-

day's candidates and are searching for honesty, something Nixon eventually gives in his interviews with Frost.

"And when you get it, you're unprepared for it no matter how well you know the story," Ziegler said.

All's not quiet as Eastern Front Theatre premieres Vimy

PHILIP CROUCHER
philip.croucher@metronews.ca

THEATRE She's comforting, then firm. She's smiling, then angry.

Different emotions, all of which come to life for Halifax's Kate Lavender as she plays a nurse from Nova Scotia who looks after four soldiers recuperating in a hospital in Eastern Front Theatre's season-opening production *Vimy*. The production premieres tomorrow at 8 p.m. to a sold-out audience.

"Having a woman in the room like that was the only sense of comfort for

these men," Lavender said.

"There are moments where I have to be motherly. There are moments where I am sisterly. There are moments where I am like a girlfriend. It's a weird combination of emotions that I'm sure I, as a nurse, would be going through."

Vimy is an emotionally charged play about the Battle of Vimy, which took place for four days in April 1917, as Canadians captured the important ridge from the Germans, but saw 3,598 of their soldiers killed and another 7,000 wounded.

Based on the work by



Kate Lavender (as Clare) and Ryan Doucette (as Jean Paul) perform a scene from Eastern Front Theatre's new play, *Vimy*.

playwright Vern Thiessen. *Vimy* — described as poignant and haunting —

explores the battle's effects on four Canadian soldiers and the nurse, Clare, who

is trying to help them heal both physically and emotionally.

The character of Clare is based on the life of Shubenacadie's Clare Gass, who was an actual nurse in the World War I.

Vimy also stars Ryan Doucette, David Patrick Flemming, Trevor Gould, Ari Millen and Andrew Kasprzak. The play runs until Nov. 9, with performances happening most evenings during the week and on the weekend.

"It's coming along really well," said Scott Burke, the play's director and Eastern Front's artistic producer. "The cast is very, very fine

If you go

- WHAT: Eastern Front Theatre's *Vimy*
- WHEN: Preview tonight at 8 p.m. Sold-out premiere tomorrow with performances through Nov. 9
- WHERE: Alderney Landing Theatre
- TICKETS: \$28 for adults, \$25 for seniors, \$15 for students. Phone 1-888-311-9090 or visit www.eastern-front.ns.ca

and very dedicated to telling this story. It's a good story and it should be exciting for folks."





Rogen says Ghostbusters script would have to be good

Seth Rogen will turn down the offer to star in Ghostbusters 3 if he is not impressed by the script. "That would have to be one motherf---ing good script," he says.

IMDb.com

Governor General finalists unveiled

BOOKS Seventy-three authors are up for Canada's prestigious Governor General's Literary Awards, with themes of mortality, war and place figuring prominently in several of the books, the Canada Council for Arts said yesterday. The English-language fiction finalists are Rivka Galchen for *Atmospheric Disturbances*; Ravi Hage for *Cockroach*; Nino Ricci's *The Origin of Species*; David Adams Richards for *The Lost Highway*; and Fred Stenson for *The Great Karoo*. Details at canadacouncil.ca. **REUTERS**

Movie sequels abound

RICK MCGINNIS
for Metro Canada

A year or so ago, I told the host of a radio program that I thought there should be a rule obliging rock bands to break up after two albums — three if they could make a convincing case that their third album would be a fascinating but unprofitable failure that only made money after years of small but steady sales.

He was apparently scandalized, and it was a long time before I was invited back, but he was the only person who's ever disagreed strongly with my suggestion, and I've come to the conclusion that most people probably agree, though their feelings likely aren't as strong as mine.

In any case, it's a theory that bears application to almost any other creative endeavour, and to movies with what I can only call a

pressing urgency.

Summer was once supposed to be sequel season, but those days seem quaint now, as sequels spread throughout the year, and have leapt out of genres such as horror and action to colonize the whole of the movie industry.

The next few weeks, for instance, will see the release of *High School Musical 3: Senior Year* and *Saw V*, as well as the latest iteration on the venerable James Bond franchise.

But, before the year ends, theatres will be graced with the premières of *Madagascar: Escape 2 Africa*, *Transporter 3* and *Punisher: War Zone*.

Even if the public at large could, as one, express their wish that the sequel deluge should stop, it has taken on a dynamic that defies mere physics, like perpetual motion or cold fusion.

Steven Spielberg and George Lucas revived the Indiana Jones franchise last summer after nearly 20 years, though the film was met with cynical shrugs



Saw V, out this Friday, is just one of the movie franchise additions planned for the next few months.

and reviews like the one from the New York Times, full of phrases like "creative ennui" and "something of a bummer."

The sole defence for sequels that isn't purely fiscal is an essentially cynical one that films such as *HSM3* and *Saw V* are products of original ideas that had sequel delivery written in their DNA.

A more creative defence is that sequels allowing actors and audiences to explore characters and story-

lines in depth has become almost irrelevant in light of the current renaissance of quality television, which is basically making movies many hours long, with huge casts and unprecedented development for even peripheral characters.

I am not someone who normally proposes excessive legislation or frivolous laws, but a moratorium on sequels, prequels or re-makes might be necessary to shock Hollywood out of its creative palsy.

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Tell us why you should be the winner (maximum 250 words) and answer the question:

What year does James Blunt sing about on his album "All the lost souls"?

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Get me out of this rumour!

Former Desperate Housewives star Jesse Metcalfe, right, has slammed rumours he is set to take part in British reality series I'm A Celebrity... Get Me Out Of Here!, insisting he wouldn't participate in the "humiliating" show. **IMDB.COM**



Strike may save Life On Mars

THE LIVING AND THE DEAD: No one is hiding the fact that pickings are slim on primetime this season, with reduced production and a paucity of scripts thanks to the writers' strike, which would explain why the networks are taking risks on shows that might otherwise have been in the slag heap in any other year.

Neither The Sarah Connor Chronicles nor Knight Rider have been anything like buzz shows this year; the former show has had good reviews but lukewarm ratings, and the latter has had neither, but they've both been given full season orders by Fox and NBC, their respective network homes. Both shows will get to film a full 22 episodes, though whether all of them will air, or be followed up, remains to be seen.

The Broadcasting & Cable story on Fox's show notes that the network also picked up Fringe, and CBS gave a full season order to The Mentalist. None of these shows have been

IntelleVision



burning up the wires with fan action or pulling in real numbers — not Idol numbers, not even first season Heroes numbers, even — and in normal circumstances the chop-happy Fox would have put them in the wood chipper, but there's nothing normal about the fall of 2008, is there?

Network panic over gutting what little they have on the schedule is, of course, the glass half empty interpretation of the season; the glass half full version is that audiences are being given a chance to discover shows, and producers have a chance to develop their stories and perhaps even a base of fans, a luxury increasingly rare in the last few years, where pilot overproduction has



Jason O'Mara stars on ABC's Life On Mars: The U.S. remake of the hit British show lost 25 per cent of the premiere audience with its second episode last week.

seen the networks treat their shows like the Soviet Army treated soldiers on the Eastern Front in the Second World War — cannon fodder, sent into battle

with little expectation of survival, and an assumption that whoever made it out alive was tough enough to be sent into the meat grinder again.

I've been using ABC's Life On Mars as a yardstick for this TV season — a flawed and troubled production, perhaps even a bad idea to begin with, but

one that exceeded (my admittedly low) expectations when it premiered.

The U.S. remake of the hit British show lost 25 per cent of the premiere audience with its second episode last week — a catastrophic drop that would have virtually guaranteed cancellation on Fox a year ago, though the Variety story made no mention of delayed viewing numbers on PVRs and TiVo, and Life On Mars is exactly the sort of show that would attract an audience uninterested in settling down in front of their sets like good little remote handlers.

If Life On Mars can survive a few more weeks of spongy numbers and perhaps even pick up an audience, it'll be a vindication of fate having forced to networks to play the waiting game, and an anticipated plus for which the networks, producers and audiences can thank the Hollywood writers' strike.

Rick McGinnis writes about music, movies, books and television, but not opera.

Spike Lee drops his talent agent

MOVIES Spike Lee has left his Hollywood talent agent of more than 15 years in the wake of the dismal box office performance of his latest movie. The combative filmmaker jumped to Endeavor from William Morris, three weeks after his WWII movie Miracle at St. Anna opened to just \$3.5 million; the Disney release has grossed just \$7.5 million to date. Before Anna, Lee directed his largest-grossing film to date, the heist thriller Inside Man, which drew \$176 million worldwide in 2006. A sequel is one of several upcoming projects set up by William Morris. **REUTERS**



Spike Lee

In brief

BOX OFFICE At the overseas boxoffice, Eagle Eye, Burn After Reading and Max Payne were among films displaying moderate promise in early dates.

AWARD Confessions of an Innocent Man, a documentary about a Canadian man wrongly sentenced to death in Saudi Arabia, was named best biographical documentary by the Gemini Awards. **REUTERS**

critics' corner

Little Mosque on the Prairie

The anonymity provided by the Internet is a double-edged sword. On the plus side, nobody can tell who you are. On the minus side, you can't tell whom you're dealing with. Just ask Layla (Aliza Vellani), who registers Baber (Mano) Sood with an online dating site. He meets someone, and they hit it off and agree to meet. Then Layla learns who Baber's cybercrush is and rushes to stop them from getting together in the new episode "The Ties That Bind." 8 PM on CBC



Sophie Oh, Sophie. Age is just a number. In this new episode, Sophie (Natalie Brown) meets a guy who seems to be just right for her in every way ... except one. He's older. Much older. Same age as her mom (Mimi Kuzky), to be exact. Speaking of Mom, she's throwing a death anniversary party. Really. 8:30 PM on CBC

The New Adventures of Old Christine

In this new episode, a talent scout spots Ritchie (Trevor Gagnon) in a school play and offers him a chance to audition for a television commercial. Christine (Julia Louis-Dreyfus) thinks this is great, but Richard (Clark Gregg) is against it. 9 PM on CBS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/22/08	31	31	31	ABC News (N)	ABC Wild News	Inside Edition	Chronicle	Pushing Daisies (N)		Private Practice (N)		Sexy Money
	7	7	7	ASN The Road to Avonlea	Robson Arms	TMZ (N)	America's Next Top Model (N)	Private Practice (N)		Sexy Money		Sexy Money
	11	11	11	CBC Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	CBC News: The fifth estate (N)		CBC News: The National		The Hour
	2	2	2	CBC-F Terre humaine	Pyramide (SC)	Virginie (SC)	L'Épicerie	Le Match des étoiles (N) (SC)		M pour musique (N) (SC)		Le Téléjournal
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY
	69	69	69	CTV TVA 18 heures	Le Cercle (SC)	Occupation	Poule-oeufs or	Destinées (HDTV) (SC)		Les Soeurs Elliot (HDTV) (SC)		TVA 22 heures
	6	6	6	CHIF Entertainment	ET Canada	Deep Wreck Mysteries	Bones	NCIS: Nine Lives (N)		NCIS: NY (HDTV) (N)		News (N)
	9	9	9	CJCH talk	Hollywood	So You Think You Can Dance Canada	Big Bang Th	EastLink Television				News (N)
	10	10	10	ELTV Swap Shop (Live)	Fuelin' Around	Au Natural (N)	Doc Talk	Fuelin' Around				
	36	36	36	FOX Deal-No Deal	The Simpsons	TwoHalf Men	TwoHalf Men	MLB Baseball World Series Game 1 - Philadelphia Phillies at Tampa Bay Rays.		Deal or No Deal (N)		Lipstick Jungle
prime time	12	12	12	NBC News (N)	NBC News	Hollywood	Extra (N)	Knight Rider (HDTV) (N)				Monarchy
	29	29	29	NW World News	Business	CBC News	Newman	The Hour		CBC News: The National		Monarchy
	4	4	4	PBS-B NewsHour With Jim Lehrer	Greater Boston	Ask This Old	WorldStory	Secrets of the Dead		Independent Lens "Chicago 10" (N)		
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	WorldStory	Secrets of the Dead	Crimes et pouvoir ** (2002, Suspense)	Ashley Judd, (SC)			110 pour cent
	68	68	68	TQS (6:30) Le Retour (SC)	Chemin du golf	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play		Market Call
	98	98	98	BNN Business News	Headline	Market Call	Commodities	CNN Election Center	Larry King Live	Cooper 360		Cooper 360
	18	18	18	CNN (5) The Situation Room	Lou Dobbs Tonight	Market Call	Commodities	Inside PGA	Golf Central	Golf Central	The Approach	School of Golf
	54	54	54	GOLF Big Break X: Michigan	Prime Time Sports	Sportsnet Con.	MLB Pregame	MLB Baseball World Series Game 1 - Philadelphia Phillies at Tampa Bay Rays.				Score Tonight
	52	52	52	RSE Hockey Talk	Game On	RaceNight						Wrecked
	55	55	55	SCOR Unique Whips		Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)	Pinks Outtakes	
sports	53	53	53	TSN Off the Record	SportsCentre	NHL Hockey Florida Panthers at Ottawa Senators. (HDTV) (Live)						SportsCentre
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	44	44	44	TOON Chill Out Scooby-Doo! (2007)	Albert-Hallow	Ghosts-Scooby	Ghosts-Scooby	Eleen	Total Drama	Futurama	The Critic	
	26	26	26	TREE Max & Ruby	Backyardigans	Wonder Pets	Night Grdn	Friend Rabbit	Franklin	Little Bear	Miss Spider	Big Comly
	27	27	27	YTV Drake & Josh	ICarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hint.
	16	16	16	A&E Cold Case Files		CSI: Miami "Bunk"		Dog the Bounty Hunter	Bounty Hunter	Bounty Hunter	Parking Wars	
	70	70	70	APTN News	Canadian Geographic	Reel Insight				APT National News: Contact (N)		
	50	50	50	BET 106 & Park: BET's Top 10 Live (Live)		Hip Hop Awd		I Tried (2007, Drama)	Layzie Bone, Krayzie Bone.			Comic View
	37	37	37	BRVO Street Legal	Desperate Housewives	Judging Amy		Berkeley	BravoVideos	Wingfield	Letters	Arts & Minds
	97	97	97	CLT Mysterious Ways		Cheerleaders	Cheerleaders	Home Improve.	Reba	Reba	Hope & Faith	Mysterious
family	25	25	25	CMT CMT's Greatest "1997"		Air Farce	Just for Laughs	Comer Gas	The Simpsons	South Park	Comedy Inc.	
	49	49	49	COM Laughs	Comedy Now	The Investigators		Cops Uncut	Dumb Criminal	Declassified	Investigators	
	153	153	153	COURT Missing Link Near-death.		Daily Planet (N)		Cash Cab (N)	Factory Made	Monster Moves (N)	Mayday	
	38	38	38	DISC How It's Made	How It's Made	House Hunters	Property Virgin	The Stagers	Property Virgin	Unsellable	\$1M Listing	
	48	48	48	HGTV Holmes on Homes		NCIS		Cities of the Underworld	The Real Donnie Brasco	NCIS	Timberlake	
	46	46	46	HIST The Real Donnie Brasco		Pimp My Ride	Pimp My Ride	Punk'd	PunchMud	Brooke Knows		
	17	17	17	MM Punk'd	Born to Be (N)	Popagenda		Back In	Listed			
	19	19	19	MMM MusicProfile	mmmtop10.com					Children of Men (2006, Science Fiction)		
	201	201	201	M1 (6:15) The Queen	The Amazing Race 4	Ed's Up	Videos	The Amazing Race 13		Ed's Up	Adventures	Word Travels
	48	48	48	OLN The Amazing Race 4		House-Payne	House-Payne	Payback ** (1999, Action)	Mel Gibson, Gregg Henry.			Cheers
cable variety	51	51	51	PEACH Seinfeld	Friends	(8:15) Dances With Wolves		Reindeer Games (2000, Crime Drama)				
	206	206	206	PIX (5:10) Dances With Wolves		24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct
	67	67	67	RDI RDI en direct	RDI en direct	Kink in Hair	Kink in Hair	Durham County		Billable Hours	G-Spot	Starter Wife
	39	39	39	SHOW EastEnders	Saxondale	End of Leash	ET Canada	Last 10	Bulging Brides	Work Out "In the Mud"		Housewives
	40	40	40	SLICE Matchmaker	Til Debt-Part	Lost "Adrift"		Star Trek: Deep Space Nine	Battlestar Galactica	UFC Unleashed		Ghost Hunters
	47	47	47	SPACE Stargate SG-1 (DVS)		CSI: Crime Scene Investg.		CSI: NY (HDTV)		Paris Hilton's My New BFF		Ult. Fighter
	14	14	14	SPIKE Unsolved Mysteries (HDTV) (N)		The Ellen DeGeneres Show		TMZ (N)	etalk	Jon & Kate	Jon & Kate	Kids by Dozen
	98	98	98	STAR FashionTele	Look-A-Like	Jon & Kate	Jon & Kate	Reality	What Happen?	Family Guy	Seinfeld	Partir
	21	21	21	TLC What Not to Wear		Beverly Hills, 90210		Mon fils à moi		Oreille de Joé		Enigma
	34	34	34	TROP Reality	Ad Persuasion	Toute une histoire		Summer Wine	Dinnerladies	Darling Buds of May		Gok's Fashion
cable variety	20	20	20	TVS Que-champion	Journal de Fr2	Murder, She Wrote		Grocery	Maxed Out	Supersize vs. Superskinny (N)		Gok's Fashion
	28	28	28	V House	Style by Jury	Will & Grace	Friends	America's Next Top Model (N)		Stylista "Pilot" (N)		WGN News
	22	22	22	W House	Style by Jury	TwoHalf Men	Family Guy					
	251	251	251	WGN Be-Millionaire	Evening News							

Celebrity Buzz

Paris mulling move to London

PEOPLE Socialite Paris Hilton loves life in London so much she is considering a permanent move to the English capital, **imdb.com** reports.

The hotel heiress is currently in the United Kingdom filming her new reality show, *Paris Hilton's British Best Friend*, and has been renting a house in London's fashionable Hampstead area.

Now Hilton has admitted that she is keen

to move to the city full-time.

"I love it here, I am going to move here permanently," she tells the *London Paper*. "I have already been here for one month and am much, much happier here."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Colin shed 44 pounds for Triage film role

CAREER Colin Farrell lived on black coffee, Diet Coke and two tins of tuna a day to perfect a skeletal look on the set of new movie *Triage*, **imdb.com** reports.

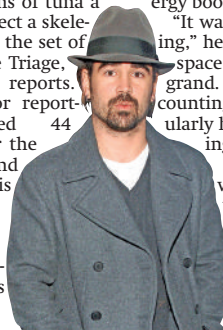
The actor reportedly shed 44 pounds for the movie and admits his decision wasn't "healthy" or "advisable." He is

said to have needed the caffeine just to get the energy boost to act.

"It was kind of depressing," he says. "For a short space of time, it was grand. It was just calorie counting wasn't a particularly healthy way of doing it."

Farrell insists it wasn't hard to put the weight back on: "I just ate like a pig."

METRO NEWS SERVICES



Doherty opens up about private life

PEOPLE Shannen Doherty insists her reputation as an awkward actress is undeserved — she's just keen to keep her personal life troubles away from cast mates and crew, **imdb.com** reports.

The actress was dubbed a wild child on hit 1990s TV show *Beverly Hills, 90210* for showing up to work tired and moody, but now she says it was because she'd spent the night in hospital at her sick father's bedside.

Doherty's dad suffered a series of health setbacks during his daughter's tenure on the show, but she chose to deal with them privately, rather than approaching co-stars or producers for help.

"I'm very private about certain things, and my own cast mates never knew about my dad and his medical problems," she tells *Radar* magazine.

"Nobody knew I was in the hospital till five in the morning and I came straight to the set. People just thought, 'She's unprofessional.' Back then, you know, if I seemed moody, you try having a father be that sick and calling and saying, 'I don't think I can work today,' and being told, 'No, no, no. You're working or we're suing you.' It's brutal."

METRO NEWS SERVICES



Duchovny suing paper

LEGAL David Duchovny is suing a British newspaper over allegations he had an affair with a tennis coach, **imdb.com** reports.

Edit Pakay, 28, has been linked with the *X-Files* star following the announcement of his split from wife Tea Leoni.

"I don't want to say anything that might hurt David. I am not going to deny it. I don't know what our relationship means to him," she reportedly told the *Mail* on Sunday.

But Duchovny's attorney Larry Stein says the

actor will launch legal action over the article because Pakay "never had a romantic or sexual relationship (with him)."

Stein tells *People.com*, "Ms. Pakay denied the rumours to me in person last Friday, saying they are just friends, and in addition, said in writing that such stories are lies and deceit."

METRO NEWS SERVICES



celebrity briefs

Hogan's son released early

PRISON Hulk Hogan's son Nick Bollea has been released from jail early, **imdb.com** reports.

The former wrestler's son served just 166 days of an eight-month prison sentence for his part in a car crash in August last year that left his best friend John Graziano with permanent brain injuries.

The 18-year-old pleaded no contest to a felony reckless driving offence in May following the horrific accident in Clearwater, Fla.

METRO NEWS SERVICES



Paltrow helps Madonna

RELATIONSHIPS Actress Gwyneth Paltrow has offered her friend Madonna her undying support as the pop superstar embarks on a divorce battle with husband Guy Ritchie, **imdb.com** reports.

The couple officially split last week and Paltrow insists Madonna only needs to pick up the phone and she'll be there for her.

"She's a dear friend and I'm supporting her in all (the) ways that I can," Paltrow tells *Us Weekly* magazine. "I'm just here for her. I'm just here on the other end of the phone, really. I speak to her a lot."

METRO NEWS SERVICES



FameThrower

Joe O'Neill

Joe's take on celebrities



Can the city that survived The Blitz weather the onslaught of the perfect storm of vacuity? We may just find out, because **Paris Hilton** is threatening to move to London full-time. Bearing in mind that Paris makes pronouncements the same way celebrities with a modicum of talent make movies or albums, and that all of these statements should be taken with a grain of salt and a gram of Valtrex, isn't this a bit of a cruel blow to a city already reeling, as every major city in the world is, from an economic downturn?

I suppose **Hilton** is smart enough not to bite the hand that feeds her, unless that's what the sex tape script calls for, and the theme of her new reality show, if I may judge from the title, concerns finding her a best friend who is British. However, it's also possible that she feels so happy in London merely because she hasn't yet familiarized herself with British slang and has no idea words like "slag," "slattern," "tart" and "chippy" aren't complimentary.

Should Paris actually follow through on the move, I can't help but wonder whether she might upset the Trans-Atlantic Bimbo Balance, what with **Gwyneth Paltrow** and **Madonna** already living there.

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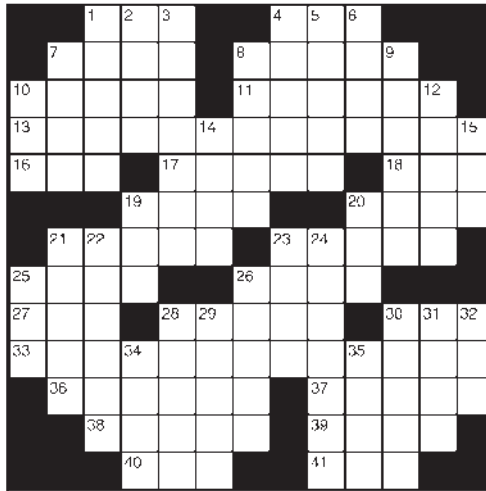
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Take Five



Crossword across

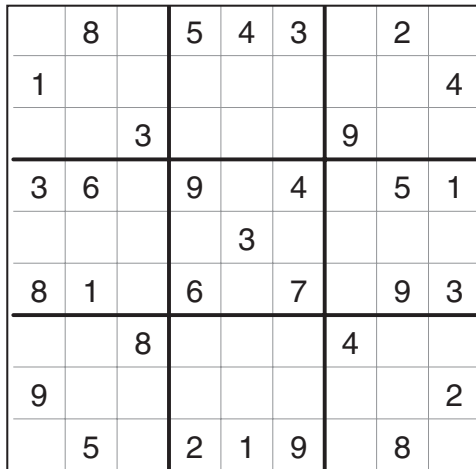
- 1 Lawn moisture
- 4 Away from ENE
- 7 Pop flavor
- 8 First sign of spring?
- 10 Rags-to-riches author
- 11 Mythical sailor
- 13 One of a bridal quartet
- 16 Hot tub
- 17 Bet both ways
- 18 Chaps
- 19 Extra
- 20 They're often connected
- 21 Wed, commercially
- 23 Maestro Walter
- 25 Prohibits
- 26 Become a member
- 27 Italian article
- 28 Disdain
- 30 Evergreen type
- 33 A real humdinger
- 36 Copies, for short
- 37 Stern or Hayes
- 38 Minimum
- 39 Gripes constantly
- 40 Ram's mate
- 41 Astronaut Grissom

Crossword down

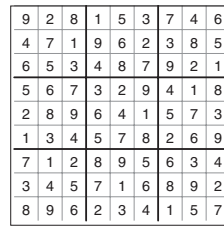
- 1 Definitive tenet
- 2 Gen. Robert —
- 3 Tusked African beast
- 4 Squeeze
- 5 Burn slightly
- 6 "Dragnet" star
- 7 Hoofbeat sound
- 8 Remark to the audience
- 9 Fish that goes upstream
- 10 Donkey
- 12 Because of
- 14 Command to Rover
- 15 Type measures
- 19 "— Robinson"
- 20 Bradstreet's partner
- 21 Estate home
- 22 Body's hardest substance
- 23 "— Free"
- 24 Tinnitus effect
- 25 Schoolkids' carrier
- 26 Supporting beam
- 28 Soda-shop item
- 29 Selected
- 30 U.N. display
- 31 "... — handsome does"
- 32 Fun and games
- 34 Duel tool
- 35 Jacob's brother

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Recipe of the day



Quick steamed pork supper

INGREDIENTS:

- ½ lb (280 g) even-sized new potatoes, scrubbed
- 6 oz (175 g) pork tenderloin
- 1 tbsp (15 mL) light soy sauce
- 1 tbsp (15 mL) dry sherry
- 1 tsp vegetable oil
- 2 tbsp (25 mL) fresh root ginger, peeled and finely chopped
- 1/2 tsp (2 mL) ground allspice
- 1 zucchini, cut into fine julienne sticks
- 1 red pepper, deseeded and thinly sliced
- 5 oz (150g) snow peas

METHOD:

1. Steam potatoes for 10 minutes. Remove and leave until cool enough to handle.
2. Trim fat from pork. Cut across into an even number of slices, each about ½ in. (1 cm) thick. Mix soy sauce, sherry, oil, ginger, allspice and pepper in a bowl. Add pork and toss to coat with the mixture.
3. Place 2 pieces of foil, each about 12 in. x 8 in. (30 cm x 20 cm) on work surface. Thinly slice steamed potatoes and

spread out on half of each foil piece, leaving a border of at least 1 in. (2.5 cm) around edge. Arrange pork slices on top and pour over juices. Scatter zucchini and peppers on top.

4. Fold the other half of each foil rectangle over top and make small overlapping folds along edges to seal. Place foil parcels in the steamer basket and steam for 15–20 minutes, until meat and vegetables are cooked. About 4 minutes before the end of the cooking time, add snow peas to water in the pan under the steamer.

5. Transfer cooked parcels to warmed plates, open to reveal contents and serve with drained snow peas.

SERVES 2

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES

MARCH 21-APRIL 20
You can stay in bed or you can get ahead. Don't be too timid to refuse a strategy change. A favour done for a friend will bring you money.

LIBRA

SEPT 23-OCT 23
It's a good time to make an amusing statement. Someone who's just starting out goes for broke. An unusual program comes under review.

TAURUS

APRIL 21-MAY 21
Your ethical actions will live on for years. Prepare to perk up this afternoon. A nonconformist should avoid caffeine and stop talking.

SCORPIO

OCT 24-NOV 22
A bold stranger comes your way tonight. Unleash the power of your daydreams. A friendship will charm and please you as it plays out.

GEMINI

MAY 22-JUNE 21
Your career luck is at the crossroads. A blonde knows who is really to blame. Be very serious when a fantasy romance takes flight.

SAGITTARIUS

NOV 23-DEC 21
The power of positive thinking is shared with a family. You have to deal with a beautiful stranger. Pursue the meaning behind a comical tale.

CANCER

JUNE 22-JULY 22
Learn how to meditate when a meeting is boring. Show that you have what it takes to be frugal. Dreams about a duty will be tiring.

CAPRICORN

DEC 22-JAN 20
Someone wants to see you back down. Vexing frustration can lead to a comforting squeeze. A maternal figure muses about disorder.

LEO

JULY 23-AUG 23
It's time to congratulate other people. A buddy guides you through a secret conspiracy. Trust your instincts before getting involved.

AQUARIUS

JAN 21-FEB 18
Tolerate anybody wearing unusual clothes. Discuss an older woman with a busy buddy. Take a chance and do what has to be done.

VIRGO

AUG 24-SEPT 22
The distortion of facts creates new responsibilities. A moment of greatness will interrupt a trip. A hero will respond to messages.

PISCES

FEB 19-MARCH 20
A troubled younger person will get a harsh lecture. A guilty companion throws her weight around. An ally is waiting for you to open up.

AVATAR VENUS

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SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday;
BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

This day in history

- OCT. 22, 1797: One thousand meters (3,200 feet) above Paris, André-Jacques Garnerin makes the first recorded parachute jump.
- OCT. 22, 1924: Toastmasters International is founded.
- OCT. 22, 1957: Vietnam War: First United States casualties in Vietnam.
- OCT. 22, 1968: Apollo program: Apollo 7 safely splashes down in the Atlantic Ocean after orbiting the Earth 163 times.
- OCT. 22, 1976: Red Dye No. 4 is banned by the U.S. Food and Drug Administration after it is discovered that it causes tumours in the bladders of dogs. The dye is still used in Canada.

METRO NEWS SERVICES

WORDY GURDY

EVERY TRIED 'N' TRUE
1. Columnist Landers' moving trucks (11)
2. Athlete's fish with a bagel (11)
3. Actress Shickles' trouble (11)
4. Put up for sale a strongbox (8)
5. Swaps engine's cast-iron wings (11)
6. More anesthetized leak fixer (11)
7. Musical platform hunk's head number (12)

Every answer is a rhyming pair of words like FAT CAT and HOBNOBLE THROUBLE, and they will fit in the letter squares. The number after the definition tells you how many letters in each word.

ANSWERS: 1. LANDERS' TRUCKS 2. FISH BAGEL 3. SHICKLES' TROUBLE 4. STRONGBOX 5. ENGINE WINGS 6. LEAK FIXER 7. MUSICAL PLATFORM



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